



SOMERVILLE PHYSICAL ACTIVITY GUIDE

1st Edition Produced by:

The Somerville Public Health Nutrition Taskforce
Author: Claire Kozower, Taskforce Project Assistant

2nd Edition Produced By:

Shape Up Somerville: Eat Smart. Play Hard.
Editor: Sandra Klemmer, Project Staff
Friedman School of Nutrition at Tufts University

3rd Edition Edited By :

Shape Up Somerville Taskforce
Editors: Adjoa Anyane-Yeboah and Joanna Utoh

**For information about receiving additional hard copies of this guide,
please contact the Somerville Community Health Agenda:**

Jessica Collins, Director
Somerville Health Agenda
Cambridge Health Alliance
230 Highland Ave. SON #502
Somerville, MA 02143
(617) 591-6940
jjcollins@challiance.org

This guide can be found on the Internet at the following addresses:

<http://nutrition.tufts.edu/consumer/somerville.html>
http://www.ci.somerville.ma.us/CoS_Content/documents/SUSPAGuide2006.pdf

Acknowledgements:

Guide production was supported by the Cambridge Health Alliance Community Affairs Department, The Friedman School of Nutrition at Tufts University, the 5 City Tobacco Control Collaborative, and the Massachusetts Governor's Committee on Physical Fitness and Sports

TABLE OF CONTENTS

	Page
INTRODUCTION.....	3
HOW TO USE THIS GUIDE.....	4
GENERAL PROGRAMS - NOT ACTIVITY SPECIFIC	
General Youth Programs.....	5
General Special Needs Programs.....	11
SUMMER PROGRAMS - NOT ACTIVITY SPECIFIC.....	12
AEROBICS / FITNESS / YOGA & MEDITATION.....	18-22
BASEBALL & SOFTBALL.....	23-25
BASKETBALL.....	26-30
BICYCLING.....	31
BOATING.....	32
BOWLING.....	33
BOXING.....	33
DANCING.....	34-35
FOOTBALL & CHEERLEADING.....	36
GARDENING.....	37-39
GYMNASTICS.....	40
HOCKEY & SKATING.....	41-43
MARTIAL ARTS.....	44-48
OUTDOOR ADVENTURE & SCOUTING.....	49-52

TABLE OF CONTENTS (continued)

	Page
RUNNING.....	53
SOCCER.....	54-55
SWIMMING & AQUATICS.....	56-60
TENNIS.....	61
WALKING.....	62
COMBINED NUTRITION / PHYSICAL ACTIVITY PROGRAMS.....	63-64
PARKS / PLAYGROUNDS / PATHWAYS.....	65-68
RECOMMENDATIONS.....	69
OTHER GUIDES OF INTEREST.....	70

Introduction

Physical activity is important at all stages of life. Unfortunately, over the last few decades, the United States population has become much less active. This trend towards more sedentary lifestyles is a major contributor to increasing rates of diet-related health problems such as bone and joint problems, diabetes, congestive heart failure, and obesity/overweight. Sadly, these problems are no longer reserved for older segments of the population. We are seeing more and more young children who weigh too much based on their height and age, as well as diet-influenced diseases such as diabetes and depression. Data from the Shape Up Somerville study at Tufts University showed that among children in grades 1-3, 46% were identified as at risk for overweight or overweight in 2004. In March 2005, 29% of Somerville's 4th-8th grade students attending Somerville public schools were overweight and 18% were at-risk for overweight. Among adults, data from the 2002 BRFSS found that nearly half of adults in Somerville are overweight or obese, 49% of men and 38% of women.

Obesity/overweight results from an imbalance between intake and expenditure. While genetic factors play a role, the current obesity/overweight epidemic in the United States can largely be attributed to environmental factors such as increases in consumption of high-fat energy-dense foods, and the decline in work-related and leisure time physical activity over the past few decades.

Overall health can be improved by making a habit of physical activity in combination with well-balanced meals high in fruits and vegetables (and by avoiding the use of tobacco products, and abuse of drugs and alcohol). A little time spent exercising every day can save a lot of time and health trouble down the road. The Shape Up Somerville Taskforce has updated this guide to encourage Somerville residents to be more physically active. There are many collaborative projects going on in Somerville that aim to influence the health of the Somerville community, by specifically targeting schools, homes, and community environments. The Shape Up Somerville Taskforce promotes increasing physical activity as well as consumption of fruits, vegetables, legumes, low-fat dairy products, and whole grains. It is the hope that by compiling the existing opportunities for exercise in our city, we will increase program awareness and inspire residents of all ages and abilities to seek more exercise.

Important note: We have tried to be comprehensive and accurate. If your program was accidentally left out of this guide, or information presented inaccurately, please contact the Shape Up Somerville Taskforce at (617) 591-6940.

How To Use This Guide

The Guide is broken up into activity categories (such as dancing, outdoor adventure, soccer, and swimming) so that you may easily browse the programs in the categories that interest you most. Brief definitions for the different pieces of information collected are included below:

Population targeted: Ages and other pertinent information concerning program eligibility

Program description: Information about what the program offers

Hours of operation: Information about when the program meets

Location description: When the mailing address of an organization is different than the location where the program actually meets, the meeting location is given here. Easy landmarks for finding a program (such as major intersections or squares) are also listed here.

Wheelchair access: Indicates whether or not a person in a wheelchair could gain access to the building or grounds where the program is being held; it does not speak to whether or not the program itself is suitable for people in wheelchairs.

Staff languages: Languages spoken by program staff. If the words "mainly English" are written, it indicates that there are usually some people on staff that speak other languages.

Staff qualifications: Provides brief information about the training staff have received

Associated costs: Information about how much the program costs

Scholarships/discounts: Indicates whether or not there are opportunities to receive partial or full financial assistance.

Explanation of Symbols Used in Program Entries:

When a piece of program information was not obtained, the following symbol appears: ???

When information was not applicable to a particular program, the following symbol appears:

GENERAL PROGRAMS - NOT ACTIVITY SPECIFIC

Youth Programs - General:

SCHOLARSHIP RESOURCE: The Child Care Resource Center usually obtains grant money each year to help Somerville families pay for after school programs for their school-aged children. Some of the programs listed in this section accept payment vouchers administered by the Child Care Resource Center. Vouchers are awarded to families on a first-come first-served basis, and are based on income and family size. More information can be obtained by contacting the Child Care Resource Center.

Child Care Resource Center
130 Bishop Allen Drive
Cambridge, MA 02139
(617) 547-1063
www.ccrccinc.org

Somerville Community After School Program

Somerville Community Schools Program

167 Holland St. Somerville, MA 02144
(617) 625-6600 x6970

Population targeted:	Ages 5-13
Program description:	Includes special classes, homework, outdoor sports and recreational clubs. The courses focused on physical activity range from Dance and Gymnastics to team sports such as Basketball and Soccer. It is not necessary for kids to be enrolled in one of the Somerville Public Schools in order to participate.
Hours of operation:	Monday, Tues., Thurs, and Friday: 2:30- 5:30 PM; Every other Wednesday: 12-5:30 PM
Location description:	Courses are offered at most elementary schools in Somerville.
Wheelchair access:	Yes, but only at some locations (Brown, Edgerly)
Staff languages:	Mainly English and some Spanish.
Staff qualifications:	---
Associated costs:	\$107.50 per week
Scholarships/discounts:	Vouchers accepted and have sliding scale fees with more than one child in program.

Drop-In Program**Somerville YMCA**

101 Highland Ave. Somerville, MA 02143
(617) 625-5050

Population targeted:	Ages 6-13
Program description:	This program includes many recreational activities such as gym sports and swimming. Activities are supervised but not structured. Children can come and go as they please.
Hours of operation:	Monday - Friday: 2:45 - 6 PM
Location description:	On Highland, between School St. and Central St.; near City Hall
Wheelchair access:	No
Staff languages:	Mainly English; some staff speak Haitian Creole, Portuguese, and Spanish
Staff qualifications:	First Aid, CPR certification
Associated costs:	Program is free with membership, or a day pass can be purchased for \$1.25; Membership costs \$50/year per child.
Scholarships/discounts:	Scholarships are available through an application process

Elizabeth Peabody House School Age Program**Elizabeth Peabody House**

277 Broadway Somerville, MA 02145
(617) 623-5510

Population targeted:	Ages 5-14
Program description:	Year-round after-school and vacation program that integrates physical activities into the overall curriculum. Transportation is provided from the Somerville schools. Full day programs are provided on snow days, and during school year and summer vacations.
Hours of operation:	Monday - Friday: 2:30 - 5:30 PM; Early Release Wednesdays: 12- 5:30 PM Snow days, school year vacations, and summer: 7:30 AM - 5:30 PM
Location description:	Winter Hill, corner of Grant St. and Broadway; In summer, part of the day is also spent at Lakefront Campgrounds in Sharon, MA
Wheelchair access:	Yes
Staff languages:	English and Portuguese
Staff qualifications:	First Aid/CPR certified, and Early Education and Care certified
Associated costs:	\$25/day including transportation fee (minimum 2 days/week)
Scholarships/discounts:	no, but vouchers accepted

Gym Activities

Boys and Girls Club of Somerville

181 Washington St. Somerville, MA 02143
(617) 628-4665

Population targeted:	Ages 6-18
Program description:	Gym activities are part of an overall youth program that also offers opportunities such as homework help, computer use, arts and crafts, a teen center, a teen dance club, and special trips. The Athletic Director implements age appropriate competitive and non-competitive games each day. Additionally, seasonal leagues are available throughout the school year.
Hours of operation:	Monday - Friday: 2:30 - 6:30 PM for age 6 thru 8 th graders Early release Wednesdays: 12:00 - 6:30 PM for age 6 thru 8 th graders Monday - Friday: 6:30 - 9:00 PM for teens ages 13-18
Location description:	Washington St. between Union Sq. and McGrath Hwy.
Wheelchair access:	Yes
Staff languages:	English, Haitian Creole, and Spanish
Staff qualifications:	First Aid/CPR certification
Associated costs:	\$15 for membership during the school year; \$100 for summer membership
Scholarships/discounts:	Can be granted on a case by case basis; call office with requests

Intramural and School-Based After School Programs

Somerville School Department

See below for phone numbers

Population targeted:	Students, grades K-12
Program description:	All schools offer intramural sports. The High School offers additional competitive sports opportunities, and K-8 schools offer additional short-term school programs that focus on sports as well as other enrichment activities. There is no central office for these programs; each school chooses its own activities and raises funds to support them.
Hours of operation:	Weekday afternoons (after school); times and days vary
Wheelchair access:	Yes
Associated costs:	Free

PUBLIC SCHOOLS: Call (617) 625-6600 - Individual extension numbers listed below

- Brown School: x6400
- Cummings School: x6425
- East Somerville Community School: x6500
- Edgerly School: x6340
- Healey School: x6530
- Kennedy School: x6600
- Lincoln Park Community School: x6680
- Powder House Community School: x6700
- West Somerville Neighborhood School: x6440
- Winter Hill Community School: x6750
- Somerville High School Athletics Department: x6161

School Age Child Care Program (After School & Summer Camp)

Mystic Learning Center

530 Mystic Ave., Rm. 103 Somerville, MA 02145
(617) 623-0110

Population targeted:	Ages 5-12 year olds turning 5 by September can participate in summer)
Program description:	This program includes sports, games, swimming, and field trips. Special clubs include the Fitness Club (focuses on physical activity and fitness education) and the Garden Club (focuses on maintaining a plot in the Mystic Community Garden. Transportation is arranged from the Healy School on foot. The program operates year-round.
Hours of operation:	Monday - Friday: 2:30 - 5:30 PM; Early release Wednesdays: 12 - 5:30 PM; Summer Schedule: Monday - Friday 8 AM - 5:30 PM
Location description:	Mystic Housing Development
Wheelchair access:	Yes
Staff languages:	English, Haitian Creole and Spanish
Staff qualifications:	First Aid, CPR certification; education training and experience
Associated costs:	\$20.95 per day
Scholarships/discounts:	Some subsidized slots are available each year; vouchers from the Child Care Resource Center (617-547-1063) are also accepted. Limited Scholarships available

School Age Child Care Program

Somerville YMCA

101 Highland Ave. Somerville, MA 02143
(617) 625-5050

Population targeted:	Ages 5-13
Program description:	This program includes recreational activities, gym sports, swim lessons, and field trips. Transportation is provided from most Somerville schools.
Hours of operation:	Monday - Friday: 2 – 5:30 PM; Early release Wednesdays: 12 - 5:30 PM
Location description:	On Highland, between School St. and Central St.; near City Hall
Wheelchair access:	Limited
Staff languages:	Mainly English; some staff speak Haitian Creole, Portuguese, and Spanish
Staff qualifications:	First Aid, CPR, and lifeguard certification
Associated costs:	\$110/week
Scholarships/discounts:	Some financial assistance is available, and vouchers from the Child Care Resource Center (617-547-1063) are accepted

Somerville Community Youth Program

165 Broadway Somerville, MA 02145

(617) 625-6600 x2255

Population targeted: Ages 12-18

Program description: Physical activities are included as part of the overall program to foster development and education in Somerville youth. Current activities include group games and field trips. During the winter, the Youth Program also coordinates a snow shoveling program, that pays youth to shovel sidewalks and driveways for seniors.

Hours of operation: Monday - Friday: 2:30 - 7 PM

Summer, ½ day Wednesdays, and Vacations weeks: 12:30PM – 7PM

Location description: Cross St. Youth Center, on Broadway, near intersection with Cross St.

Wheelchair access: Not currently, but plans are being made to put in an elevator

Staff languages: English

Staff qualifications: ---

Associated costs: Free

Empowering Competent Youth (Teen Choice Club/Pre-Teen Choice Club)

Mystic Learning Center

530 Mystic Ave., Rm. 103 Somerville, MA 02145

(617) 623-0110

Population targeted: Ages 13-21

Program description: This program fosters youth development and leadership. Physical activities include sports, games, and field trips. The summer basketball league is specifically for those between the ages of 8-18.

Hours of operation: Teen Choice Club: Monday, Wednesday, Friday from 6 - 9 PM

Pre-Teen Choice Club: Tuesday & Thursday from 6-8PM

Summer basketball league: Tuesday and Thursday from 6-9PM

Location description: Mystic Housing Development

Wheelchair access: Yes

Staff languages: English, Haitian Creole, and Spanish

Staff qualifications: Previous experience working with youth

Associated costs: Program is free for teens that join the Teen Council. The Teen Council meets once a month and is the governing body of the club.

Tot Time Program**Somerville Recreation Commission**

19 Walnut St. Somerville, MA 02143

(617) 625-6600, ext.2980

Population targeted: Ages 3 and 4**Program description:** Fun activities for young children. Emphasis is on teaching children to play cooperatively with each other. This program has two sessions that run for approximately 14 weeks each. There is a Fall session and a Spring session.**Hours of operation:** Tuesday and Thursday: 8:30- 10:30 AM**Location description:** Union Sq., across from Walnut St. Park**Wheelchair access:** No**Staff languages:** English**Staff qualifications:** First Responder trained and certified through the Red Cross**Associated costs:** \$125 for 14 weeks**Scholarships/discounts:** Yes, call office with requests for financial assistance

Special Needs Programs - General:

Special Needs Outdoor Park Program

Somerville Recreation Commission

19 Walnut St. Somerville, MA 02143
(617) 625-6600 ext. 2980

Population targeted:	People with and without disabilities; all ages
Program description:	This program provides the opportunity for people with and without disabilities to come together and play a variety of sports and games in a neighborhood park. There is a drop-in format but registration is encouraged so participants can be notified of cancellations or site changes.
Hours of operation:	Summer: 1 evening per week.
Location description:	Program takes place in one of the Somerville parks. The site often changes seasonally based on availability.
Wheelchair access:	Yes
Staff languages:	Mainly English
Staff qualifications:	First Responder trained and certified through the Red Cross
Associated costs:	Free

SUMMER PROGRAMS - NOT ACTIVITY SPECIFIC

NOTE: The following programs are not the only summer programs listed in this guide. Only general summer programs are listed here. Other summer programs, which focus on just one sport, are listed under the appropriate activity category. For example, the Play Soccer Camp, a week-long summer soccer camp for youth, is listed in the Soccer section. Also, some of the General Programs (pgs. 19-26) operate in summer as well as during the school-year.

SCHOLARSHIP RESOURCE: The Child Care Resource Center usually obtains grant money each year to help Somerville families pay for summer day-camp for their school-aged children. Families can receive tuition assistance for between 30-60% of the cost of the camp. Funds are administered on a first-come first-served basis from mid-April up until a certain date in early June, when a lottery is held for any remaining slots. Several local day camps participate in this program, so there is a choice of programs. More information about this assistance can be obtained by calling the Child Care Resource Center.

Child Care Resource Center
130 Bishop Allen Drive
Cambridge, MA 02139
(617) 547-1063
www.ccrinc.org

Adventure Somercamp Somerville Community Schools Program 167 Holland St. Somerville, MA 02144 (617) 625-6600 x6970

Population targeted:	Ages 5-13
Program description:	Two days a week the campers visit beaches for swimming and beach games. The other days are spent playing sports, dancing, doing arts and crafts, and pool swimming. The campers also put on one show for their families during the summer. There are nine 1-week sessions; campers can attend for just 1 week or for all 9.
Hours of operation:	Monday - Friday: 8:30 AM - 3 PM; Extended day: 8 AM - 5:30 PM
Location description:	Call for location
Wheelchair access:	Yes
Staff languages:	English, Spanish, French
Staff qualifications:	Head staff are First Aid/CPR certified
Associated costs:	\$125/week, + \$55 for extended hours (\$180)
Scholarships/discounts:	Vouchers from the Child Care Resource Center (CCRC) are accepted

Camp Chest Nut

American Lung Association of Middlesex County

5 Mountain Rd., P.O. Box 265 Burlington, MA 01803
(781) 890-4262

Population targeted:	Massachusetts youth, ages 8-13, diagnosed with moderate, persistent, or severe asthma
Program description:	Camp Chest Nut is a week-long overnight camp in Charlton for 100 boys and girls with asthma. Counselors, medical staff, and health educators help campers to better understand and cope with the challenges of living with asthma, while providing a traditional camping experience. Campers enjoy physical activities such as swimming, canoeing, fishing, sailing, climbing, and ropes courses. Transportation from the Boston area is available on a first-come first-served basis.
Hours of operation:	August 13-18
Location description:	Bement Camp & Conference Center in Charlton, MA
Wheelchair access:	No
Staff languages:	English
Staff qualifications:	Camp staff includes doctors, nurses, respiratory and physical therapists, pharmacists, and American Lung Association health educators.
Associated costs:	\$500 per camper
Scholarships/discounts:	Part or all of this cost may be provided through a "campership" by your local American Lung Association. In past years, over 75% of campers have received some level of support from their local Lung Association. Low-income families may receive scholarships.

Camp Gannett

Elizabeth Peabody House

277 Broadway Somerville, MA 02145
(617) 623-5510

Population targeted:	Ages 5-14
Program description:	Camp activities include swimming, boating, arts and crafts, science and nature, and sports. Transportation is provided from Somerville to the camp in Sharon. Breakfast and lunch are also provided, but kids may choose to bring their own lunch if they wish. There are four two-week sessions running from early July - late August.
Hours of operation:	Monday - Friday: 8 AM - 4:30 PM
Location description:	Lakefront Campgrounds in Sharon, MA
Wheelchair access:	No
Staff languages:	English and Portuguese
Staff qualifications:	First Aid/CPR certified and pre-camp orientation and training program
Associated costs:	\$275 for 2-week session
Scholarships/discounts:	Scholarships are available through an application process

Kid Stop Program

Somerville Recreation Commission

19 Walnut St. Somerville, MA 02143
(617) 625-6600, ext. 2980

Population targeted:	Ages 3 and 4
Program description:	This summer preschool program places emphasis on teaching children to play cooperatively with each other. Activities include group games, relays, music, arts and crafts and more. Children should be accompanied by a parent or guardian for all sessions; this is not a daycare. The program is 7 weeks, running from the beginning of July through mid-August.
Hours of operation:	Tuesdays & Thursdays: 9:15 -11:15 AM
Location description:	Powder House Park, at intersection of College Ave. and Broadway
Wheelchair access:	Yes
Staff languages:	English
Staff qualifications:	First Responder trained and certified through the Red Cross
Associated costs:	\$75 for 6 weeks
Scholarships/discounts:	Yes, call office with requests for financial assistance

Open Air Circus

27 Village St. Somerville, MA 02143
(617) 623-1720

www.openaircircus.org

Population targeted:	Ages 3 and up
Program description:	Summer workshops for children and adults in circus arts. Some of the activities offered include tumbling, clowning, capoeira (Brazilian martial arts/dance), juggling, stilt walking, and double dutch jump roping. Classes are held weekly from late June through July, with a performance in early August. Members of the Open Air Circus may also participate in other performances throughout the year, but the main training sessions are in the summer from late June through July.
Hours of operation:	Tuesday - Thursday classes at 4:30, 5:30, and 6:30
Location description:	3 sites located in Union Square, West Somerville, and East Somerville
Wheelchair access:	Program located outside
Staff languages:	Mostly English
Staff qualifications:	---
Associated costs:	\$10 per child, or \$20 per family. Fee enables participation in as many classes as desired throughout the season.
Scholarships/discounts:	Won't turn anyone away; Discounts may be offered

Playgrounds Program

Somerville Recreation Commission

19 Walnut St. Somerville, MA 02143

(617) 625-6600 ext. 2980

Population targeted: Ages 7-14

Program description: The Playgrounds Program runs on a drop-in format, and offers supervised activities at multiple playground sites in Somerville. The program runs for 7 weeks in the summer, and includes arts and crafts as well as physical activities. Special activities such as jump rope tournaments, stickball tournaments, and the inter-playground track meet are also part of the program. Lunch is provided through the Somerville Schools Dept. of Food Services.

Hours of operation: Monday - Friday: 9:30 AM - 12:30 PM, and 1:30 – 3:30 PM (no afternoon time on Wednesdays)

IMPORTANT NOTE: Staff are not present from 12:30 - 1:30 PM

Location description: See below for playground listings

Wheelchair access: Most playground sites are handicap accessible

Staff languages: Mostly English with some Spanish

Staff qualifications: First Responder trained and certified through the Red Cross

Associated costs: Free

Playgrounds Program Sites:

These sites change slightly from year to year, and some site only operate for the morning or afternoon, but not for the entire day, so please call the Somerville Recreation Commission for an up-to-date list. Clinics include soccer, lacrosse, baseball, track, football, softball, volleyball, and canoeing.

For the 2003 Season:

- ❖ Glen Park Playground (corner of Glen and Oliver Streets)
- ❖ Grimmons Playground (on Governor Winthrop Rd. off Shore Drive)
- ❖ Woodstock/Hodgkins/Curtin Playground (on Holland St. between Simpson and Paulina Streets)
- ❖ Lincoln Park (behind school at 290 Washington St., park is adjacent to Perry St.)
- ❖ Conway-Kelley Playground (corner of Summer and Craigie Streets)
- ❖ Perkins Playground (on Perkins St. in East Somerville)
- ❖ Trum Playground (on corner of Cedar St. and Franey Rd.)

Special Needs Summer Program

Somerville Recreation Commission

19 Walnut St. Somerville, MA 02143
(617) 625-6600 ext. 2980

Population targeted:	Ages 6-22 with special needs
Program description:	This is a summer sports and recreation program designed for people with special needs. It runs for a month from July through early August.
Hours of operation:	Monday - Friday: 8:30am - 2:30pm
Location description:	Kennedy School (85 Elm St.)
Wheelchair access:	Yes
Staff languages:	Mostly English and some Spanish
Staff qualifications:	First Responder trained and certified through the Red Cross
Associated costs:	Free

Summer Day Camp

Somerville YMCA

101 Highland Ave. Somerville, MA 02143
(617) 625-5050

Population targeted:	Ages 6-13
Program description:	Summer day camp that runs from late June through late August. Activities include arts and crafts, sports, hiking, and trips to beaches and state parks.
Hours of operation:	Monday - Friday: 8 AM - 4 PM; Extended Care available until 5 PM
Location description:	On Highland, between School St. and Central St.; near City Hall
Wheelchair access:	Limited
Staff languages:	Mostly English, but some speak Haitian, Creole, Spanish, and Portuguese
Staff qualifications:	First Aid/CPR and lifeguard certification
Associated costs:	\$110 per week; extended care is \$15 extra per week
Scholarships/discounts:	Scholarships are available

Summer Trip Camp Program

The Boys and Girls Club of Middlesex

181 Washington St. Somerville, MA 02143

(617) 628-4665

Population targeted: Age 6 to 8th graders

Program description: Day camp. Three days per week the children take field trips to lakes, historical sites, and amusement parks. The other two days are spent in the clubhouse participating in arts and crafts, gym activities, and education activities. Water sports are also part of the program. There are 9 one-week sessions,

Hours of operation: Monday - Friday: 9am - 4pm; Extended care available 8-9 AM and 4-5PM

Location description: Varies

Wheelchair access: Clubhouse is accessible

Staff languages: English, Haitian Creole, Spanish

Staff qualifications: First Aid/CPR certification

Associated costs: \$100/week, \$25 extra for extended day.

Scholarships/discounts: Call office for details

AEROBICS / FITNESS / YOGA & MEDITATION

Chi Gong Classes for Seniors

Somerville Council on Aging (SCOA)

167 Holland St. Somerville, MA 02144

(617) 625-6600 x2300

Population targeted:	Ages 60 and up
Program description:	Exercise program for elders focusing on meditative movements and breathing exercises. Program runs from September through August.
Hours of operation:	Mondays: 10:30 – 11:30 AM, at the Tufts Administration Building
Location description:	Senior Center in the Tufts Administration Building, 167 Holland St.
Wheelchair access:	Yes
Staff languages:	English
Staff qualifications:	Certified instructor
Associated costs:	\$2 per class
Scholarships/discounts:	No

Club Fitness

14 McGrath Hwy. Somerville, MA 02143

(617) 625-9566

Population targeted:	Ages 17 and up
Program description:	Aerobics, yoga, weight lifting and cardiovascular work-out equipment. Members can participate in group courses, train independently, or enroll in a personalized training program. Memberships are sold in 6-month blocks.
Hours of operation:	Monday - Friday: 5 AM - Midnight; Saturdays and Sundays: 8 AM - 8 PM
Location description:	Twin City Plaza
Wheelchair access:	Yes
Staff languages:	Mainly English, some Portuguese, Haitian Creole, and Vietnamese
Staff qualifications:	All trainers and instructors are certified
Associated costs:	\$39 per month for 6-months. Personalized training programs cost extra.
Scholarships/discounts:	May offer discounts

Dahn Holistic Fitness

67 Holland St. Somerville, MA 02144
(617) 623-3246

<http://www.dahnholistic yoga.com>

Population targeted:	Adults
Program description:	Group classes and individualized programs are available. Dahn exercise combines elements of yoga, Tai Chi, and meditation for the integrative awakening of mind, body, and spirit. A Tai Chi class and other workshops are available. Individualized programs can focus on issues such as weight loss, healing physical ailments, stress reduction, and self-confidence.
Hours of operation:	Group exercise classes are Monday through Saturday: various times
Location description:	On Holland St., near Davis Sq.
Wheelchair access:	Yes
Staff languages:	English and Korean
Staff qualifications:	Instructors have undergone extensive training as interns at the Dahn Center and certification programs at the Healing and Prevention Center
Associated costs:	An initial energy evaluation session is \$20(approximately 1 hour); Saturday at 10AM a free class is held, open to the public. Program costs based on monthly packages
Scholarships/discounts:	30% off for full-time students; 10% for couples

Exercise for Seniors**Somerville Council on Aging (SCOA)**

167 Holland St. Somerville, MA 02144
(617) 625-6600 x2300

Population targeted:	Ages 60 and up
Program description:	Weekly drop-in programs that focuses on stretching, light aerobic activity, and light weight lifting. Programs meet year-round.
Hours of operation:	Tuesdays 9:15 – 10:30 AM
Location description:	Senior Center in the Tufts Administration Building, 167 Holland Street
Wheelchair access:	Yes
Staff languages:	English
Staff qualifications:	Registered instructor
Associated costs:	\$2 per class
Scholarships/discounts:	No

O₂ Yoga Studio

288 Highland Ave. Somerville, MA 02143
(617) 625-0267

<http://www.o2yoga.com>

Population targeted:	Ages 18 and up, with special classes for kids ages 4-13 and Yoga for Babies (for parent with baby)
Program description:	Group or individual yoga training for adults. Group classes for kids. All classes are based on the Astanga style, and involve vigorous exercise. Over 25 courses are offered each week. Please arrive at least 10 min early to classes.
Hours of operation:	Morning and/or evening classes are held 7 days/week
Location description:	Intersection of Highland Ave. and Cedar St.
Wheelchair access:	Yes, but there is no adaptive yoga program for people with disabilities
Staff languages:	English
Staff qualifications:	Certified yoga instructors
Associated costs:	\$14 per class; \$110 for 10 classes; \$105 dollars for unlimited monthly membership
Scholarships/discounts:	Monthly membership discounts are available for students (\$95/month), couples (\$112.50 per person/month), and groups of 3 or more people (\$105 per person/month).

Prenatal Yoga

Harvard Vanguard Medical Associates

40 Holland St. Somerville, MA 02144
Central office for registration: 1-877-439-5465

Population targeted:	Pregnant women
Program description:	This yoga program is based on the Iyanga style, and is meant to help women improve their posture and alleviate discomforts associated with pregnancy. The program is open to the public. It runs for 8 weeks, and several programs are taught each year. Participants need to bring 3 blankets and a yoga mat. Women should have their doctor's consent before enrolling.
Hours of operation:	March 9-April 27 and May 18- June 29: Thursdays from 6-7:30PM
Location description:	Davis Sq.
Wheelchair access:	Yes, but individuals with disabilities should call ahead to make sure course is appropriate for them
Staff languages:	English; Portuguese
Staff qualifications:	Certified yoga instructor
Associated costs:	\$100, plus the cost of a yoga mat if one is not already owned.
Scholarships/discounts:	Scholarships are available for low-income people

Somerville YMCA

101 Highland Ave. Somerville, MA 02143
(617) 625-5050

Population targeted:	Ages 6 and up
Program description:	Membership includes use of pool, indoor track, exercise equipment, and weight room (for ages 13 and up only). Adult members can also participate in pick-up basketball and one women's exercise class each week for no extra cost, and receive a discount on swim programs. Children can participate in one swim class per week and the drop-in program (for ages 6-13) at no extra cost, and receive a discount on other structured programs such as basketball, gym hockey, gymnastics, and karate.
Hours of operation:	Monday - Friday: 6 AM - 10 PM; Saturdays: 7 AM - 7 PM; Sunday: 10 AM - 4 PM
Location description:	On Highland, between School St. and Central St.; near City Hall
Wheelchair access:	Limited
Staff languages:	Mainly English; some staff speak Haitian Creole, Portuguese, and Spanish
Staff qualifications:	First Aid/CPR and lifeguard certification
Associated costs:	<u>Youth ages 14-17: \$65 per year; Youth ages 6-13: \$50 per year;</u> <u>Adults: \$270- \$475 per year; College Students and Service persons ages 18-22: \$220 per year; Seniors: \$1140- \$240 per year; Family: \$410 for 2</u> adults + 1 child, or \$280 per year for single parent + 1 child *each additional child costs \$35 (6-13) - \$50 (14-17)
Scholarships/discounts:	Scholarships are available for kids and some adults

Tree of Life Tai Chi Center

440 Somerville Ave. Somerville, MA 02143
(617) 623-1173

Population targeted:	Ages 15 and up
Program description:	Curriculum focuses on Tai Chi Ch'uan, Chi Kung, and Taoist Meditation. Group courses range from long-term study programs to one-day workshops. Classes for individuals, small groups, and corporations can be made by appointment. An instructor training program is also offered.
Hours of operation:	Classes are offered 7 days a week. Hours vary by day. Ca;; for more informamation
Location description:	Union Sq., On Somerville Ave., near intersection with School St.
Wheelchair access:	No
Staff languages:	English
Staff qualifications:	All staff have advanced degrees and instructor training
Associated costs:	Prices for group classes range from \$175 - \$200 for 1 class per week over a 3 month period. For unlimited access to classes each week (available only for certain courses), prices range from \$185 - \$275.
Scholarships/discounts:	No

World Gym & Fitness, Inc.

16 Sturtevant St. Somerville, MA 02145
(617) 628-4272

Population targeted:	Ages 16 and up
Program description:	Basic membership includes use of weight-lifting and cardiovascular work-out equipment, personal instruction on use of fitness equipment, and participation in group classes. Group classes focus on activities such as Spinning (cycling), Aerobics, Yoga, and Boxing. Personalized training programs are also available.
Hours of operation:	Monday - Friday: 5 AM - 10 PM; Saturdays & Sundays: 8:30 AM - 6 PM
Location description:	Assembly Sq.
Wheelchair access:	Yes
Staff languages:	English, Italian, and Spanish
Staff qualifications:	Personal trainers are ACE and AFFA certified
Associated costs:	Variety of prices and membership periods. Call for more information
Scholarships/discounts:	Discounts for students and senior citizens range from about 5-20% off the membership price depending on the length of membership purchased. Corporate membership prices are also available for groups of 21 or more employees.

Yoga Classes - Health and Wellness Program**Cambridge Health Alliance (CHA)**

230 Highland Ave., SON #512 Somerville, MA 02143
(617) 591-6930

<http://www.challiance.org>

Population targeted:	Ages 18 and up
Program description:	Yoga courses are offered as part of a diverse seasonal program schedule focusing on health-related topics. Schedules change seasonally and can be found within the Alive! and Well newsletter (call the above number to order this free newsletter).
Hours of operation:	Varies with each program
Location description:	Classes are held in Somerville at 125 Lowell St., or at the Cambridge Hospital at 1493 Cambridge St.
Wheelchair access:	Yes, through rear of building
Staff languages:	English
Staff qualifications:	Yoga instructors are certified
Associated costs:	Course fees are generally 30-50% below standard prices for yoga classes.
Scholarships/discounts:	Program staff are exploring ways to offer scholarships. Call for details

BASEBALL & SOFTBALL

Fall Frostbite League

Boston Ski and Sports Club

70 Birmingham Parkway Brighton, MA 02135
(617) 789-4070

Population targeted:	Ages 18 and up
Program description:	Co-ed softball league with umpired games. People can register individually and will be assigned to teams. Teams play one game each week. A number of fields around Boston are used (see location description below). Teams may request ball field preference, but some travelling will be necessary. There are 6-7 regular season games and then the playoffs.
Hours of operation:	Most games are on weeknights, but some are on weekends.
Location description:	Games are played at Glen St. Park in Somerville, as well as at fields in Allston, Brighton, Medford, Newton
Wheelchair access:	Yes
Staff languages:	---
Staff qualifications:	---
Associated costs:	\$600 per team plus \$25 for each person who is not a member of the Boston Ski and Sports Club
Scholarships/discounts:	No

Men's Softball League

Somerville Recreation Commission

19 Walnut St. Somerville, MA 02143
(617) 625-6600, ext. 2980

Population targeted:	Men, ages 18 and up
Program description:	Individuals put their own teams together and enter the league as teams. League is open to all levels of play. Approx. 12 teams play each year. The league runs from late April through late August.
Hours of operation:	Games are held Monday through Thursday evenings 7-11 PM
Location description:	Games are held at Trum Field and new location TBA
Wheelchair access:	Yes
Staff languages:	---
Staff qualifications:	---
Associated costs:	Approx. \$600 per team, plus costs of equipment, uniforms, and officials
Scholarships/discounts:	No

Somerville Little League

Little League of Somerville

391a Medford St. Somerville, MA 02143
(617) 625-1101

somervillelittleleague.org

Population targeted:	Ages 5-16
Program description:	Organized coed baseball and girls' softball leagues for Somerville youth. There are a number of different leagues, accommodating different age groups and skill levels. Practices start in early April and regular games end in early July. League teams play approximately 20 games each season. City championships and All-Star tournaments are in late July/early August.
Hours of operation:	Practices on weeknights & weekends. Games are usually on weeknights.
Location description:	Practices and games are held at several outdoor fields in Somerville
Wheelchair access:	Yes
Staff languages:	Mainly English, with some Creole and Spanish
Staff qualifications:	Coaches are 16 and older, and have undergone a Criminal Offender Record Inquiry (CORI).
Associated costs:	Approximately \$30 for ages 5-7 in baseball; Approximately \$100 for ages 8-12 in baseball; Approximately \$125 for ages 13-16 in baseball; Approximately \$100 for girls ages 9-16 in softball
Scholarships/discounts:	Assistance is a possibility on a case by case basis; college scholarships are awarded annually to several high school seniors who were league players

Spring and Summer Softball League

Boston Ski and Sports Club

70 Birmingham Parkway Brighton, MA 02135
(617) 789-4070

www.bssc.com

Population targeted:	Ages 18 and up
Program description:	Co-ed softball league with umpired games. Registration is done as full teams. Teams play one game each week. A number of fields around Boston are used (see location description below). Teams may request ball field preference, but some travelling will be necessary. There are 10 regular season games and then the playoffs.
Hours of operation:	Most games are on weeknights.
Location description:	Games are played at Glen St. Park in Somerville, as well as at fields in Brighton, Brookline, Cambridge, Medford, Newton, N. Redding, Waltham, and Wellesley.
Wheelchair access:	Yes
Staff languages:	---
Staff qualifications:	---
Associated costs:	\$800 per team plus \$25 for each person who is not a member of the Boston Ski and Sports Club
Scholarships/discounts:	No

*** Boston Ski and Sports Club also offers other programs including Basketball, Dodge ball, Floor Hockey, Football, Golf, Kick Ball, Soccer, Softball, Tennis, Ultimate Frisbee, and Volleyball**

BASKETBALL

Boys' Junior Twilight Basketball League

Somerville Recreation Commission

19 Walnut St. Somerville, MA 02143

(617) 625-6600, ext. 2980

Population targeted:	Boys, ages 10-14
Program description:	Teams are chosen by program staff. There are usually enough players for 6 teams. Season runs from late-June through mid August.
Hours of operation:	Tuesdays through Thursdays: 6-8 PM
Location description:	Kennedy School Yard
Wheelchair access:	Yes
Staff languages:	Mainly English
Staff qualifications:	First Responder trained and certified through the Red Cross
Associated costs:	\$10 per player
Scholarships/discounts:	Yes, call office with requests for financial assistance

Boys' Youth Basketball League

Somerville Recreation Commission

19 Walnut St. Somerville, MA 02143

(617) 625-6600, ext. 2980

Population targeted:	Boys, ages 8-16
Program description:	Teams are chosen by program staff. The main emphasis is on basketball instruction and team play. A 50-50 formula is used, whereby everyone is guaranteed to play at least one-half of every game against others of similar age and ability. Program also uses a mentoring system, where older kids help coach younger kids. Season runs from mid-September through late March.
Hours of operation:	Saturdays
Location description:	Somerville High School Field House (81 Highland Ave.)
Wheelchair access:	Yes
Staff languages:	Mainly English
Staff qualifications:	First Responder trained and certified through the Red Cross
Associated costs:	\$20 per player, plus a one-time fee of \$20 for a reversible jersey that can be used for years
Scholarships/discounts:	Scholarships can be provided, call office with requests for financial assistance.

Open Gym Basketball Program

Somerville Recreation Commission

19 Walnut St. Somerville, MA 02143
(617) 625-6600, ext. 2980

Population targeted:	Ages 12 - High School
Program description:	Pick-up basketball games for youth held at different gyms around Somerville. Different age groups attend at different times, and high school students must present a photo ID to participate. Season runs from mid October through late March.
Hours of operation:	Tuesday and Thursday evenings
Location description:	East Somerville Community School, Lincoln Park Community School, Powder House Community School, and Winter Hill Community School.
Wheelchair access:	Yes
Staff languages:	Mainly English
Staff qualifications:	First Responder trained and certified through the Red Cross
Associated costs:	Free

Girls' Junior Twilight Basketball League

Somerville Recreation Commission

19 Walnut St. Somerville, MA 02143
(617) 625-6600, ext. 2980

Population targeted:	Girls, ages 10-14
Program description:	Teams are chosen by program staff. There are usually enough players for 8 teams. Season runs from mid June through mid August.
Hours of operation:	Tuesdays & Thursdays: 6-8 PM
Location description:	Trum Field (on Broadway near Cedar St.)
Wheelchair access:	Yes
Staff languages:	Mainly English
Staff qualifications:	First Responder trained and certified through the Red Cross
Associated costs:	\$10 (cost includes T-shirt that participants keep)
Scholarships/discounts:	Yes, call office with requests for financial assistance

Girls' Youth Basketball League

Somerville Recreation Commission

19 Walnut St. Somerville, MA 02143
(617) 625-6600, ext. 2980

Population targeted:	Girls, ages 8-14
Program description:	Teams are chosen by program staff. The main emphasis is on basketball instruction and team play. A 50-50 formula is used, whereby everyone is guaranteed to play at least one-half of every game against others of similar age and ability. Program also uses a mentoring system, where older kids help coach younger kids. Season runs from mid September through late March.
Hours of operation:	Saturdays: 8:30- 12:30
Location description:	East Somerville Community School (115 Pearl St.)
Wheelchair access:	Yes
Staff languages:	Mainly English
Staff qualifications:	First Responder trained and certified through the Red Cross
Associated costs:	\$20 per player, plus a one-time fee of \$20 for a reversible jersey
Scholarships/discounts:	Scholarships can be provided, call office with requests for financial assistance.

Integrated Basketball Skills Program

Walnut Street Center

300 Somerville Ave. Somerville, MA 02143
(617) 776-1448 or (617) 629-3589

Population targeted:	Adults ages 18 and up, with and without developmental disabilities
Program description:	Indoor basketball skills training for an integrated population of people with and without disabilities. Beginners are welcome. Training program is eight weeks long, starting in February and ending in April. Weekly practices last two hours, with a scrimmage game at the end of each session. An integrated HOOPS FOR HELP BASKETBALL TOURNAMENT is held at the end of the training sessions. The tournament raises money to send developmentally disabled adults on vacations.
Hours of operation:	Training sessions are held weekday evenings
Location description:	To be announced
Wheelchair access:	Yes
Staff languages:	Mainly English
Staff qualifications:	Coach has 10 years experience coaching integrated team sports
Associated costs:	Cost of weekly gym rental is divided by participants (usually \$5-\$6); Additionally, team members need to solicit a minimum sponsorship of \$20 for participation in the tournament.
Scholarships/discounts:	May waive cost

Men's Indoor Basketball League

Somerville Recreation Commission

19 Walnut St Somerville, MA 02143

(617) 625-6600, ext. 2980

Population targeted: Men, ages 18 and up

Program description: Indoor league, where participants enter as teams. Over 30 teams usually play. A scorer/timer and 2 referees are present at each game. The season runs from November through March.

Hours of operation: Games are held on Monday - Thursday evenings

Location description: Somerville High School Field House, Powder House Community School, Healey School, and Winter Hill Community School.

Wheelchair access: Yes

Staff languages: Mainly English

Staff qualifications: ---

Associated costs: Approx. \$125 per team, plus the cost of a reversible jersey

Scholarships/discounts: No

Men's Twilight Basketball League

Somerville Recreation Commission

19 Walnut St. Somerville, MA 02143

(617) 625-6600, ext. 2980

Population targeted: Men, ages 18 and up

Program description: Outdoor league, where participants enter as teams. Over 30 teams usually play every season in this outdoor league. A scorer/timer and 2 referees are present at each game. The season runs from late May through August.

Hours of operation: Monday - Friday: 7-10 PM

Location description: Trum Field, Lincoln Park,

Wheelchair access: Yes

Staff languages: Mainly English

Staff qualifications: ---

Associated costs: Approx. \$125 per team, plus the cost of a reversible jersey

Scholarships/discounts: No

Pick-Up Basketball

Somerville YMCA

101 Highland Ave. Somerville, MA 02143
(617) 625-5050

Population targeted:	Ages 18 and up
Program description:	Pick-up basketball games. To participate, one must either be a member or purchase a day pass. Program usually runs year-round.
Hours of operation:	Monday - Friday: 12 - 2 PM; Mon., Wed., Fri.: 6 - 9 PM (Open Gym w/ high school members allowed); Saturdays: 1 - 3:30 PM
Location description:	On Highland, between School St. and Central St.; near City Hall
Wheelchair access:	Limited
Staff languages:	Mostly English, and some speak Creole, Haitian, Portuguese and Spanish
Staff qualifications:	First Aid and CPR certified
Associated costs:	Free for members. <u>Membership</u> : Adults: \$21 - \$38 per month; Students ages 18-22: \$17 per month; Seniors: \$11 - \$19 per month. <u>Adult Day Pass</u> : \$7; <u>High School Day Pass</u> (ages 14-17): \$2.50
Scholarships/discounts:	A few membership scholarships are also available for all.

Youth Basketball

Somerville YMCA

101 Highland Ave. Somerville, MA 02143
(617) 625-5050

Population targeted:	Ages 5 -13
Program description:	Instructional basketball program for youth. Separate classes for different abilities. Membership is not necessary for participation. Programs run for 8 weeks, through February 4, 2006- April 1, 2006.
Hours of operation:	<u>Beginner class</u> : Saturdays: 11AM - 12 PM; <u>Advanced class</u> : Saturdays: 12 - 1 PM
Location description:	On Highland, between School St. and Central St.; near City Hall
Wheelchair access:	Limited
Staff languages:	Mostly English, and some speak Creole, Haitian, Portuguese and Spanish
Staff qualifications:	First Aid/CPR certification
Associated costs:	\$40.00 for members \$60.00 for non-members
Scholarships/discounts:	Scholarships are available

BICYCLING

❖ See the **PARKS / PLAYGROUNDS / PATHWAYS** section for bike path options

Tour de Somerville

Somerville Bicycle Committee

c/o the Office of Housing and Community Development (OHCD)

(617) 625-6600 x2500

Population targeted:	All ages
Program description:	The Somerville Bicycle Committee offers a guided 2.5 hour bike ride through Somerville every year. The Committee is working to make all Somerville streets safe for on-road biking.
Hours of operation:	Fall event
Location description:	The route changes every year.
Wheelchair access:	No
Staff languages:	???
Staff qualifications:	Program led by experienced cyclists
Associated costs:	Free

Historic Bike Tour

Somerville Bicycle Committee

c/o the Office of Housing and Community Development (OHCD)

City Hall, 93 Highland Ave. Somerville, MA 02143

(617) 625-6600 x2500

Population targeted:	All ages
Program description:	An historic tour of Somerville hosted by The Somerville Bicycle Committee and the Somerville Historic Preservation Committee held in May (usually on a Saturday 10AM-1PM). The tour leaves from City Hall to explore parts of the city concentrating on historic properties and sites. Refreshment stop at the Historic Bed & Breakfast in E. Somerville, and concludes at The Somerville Museum on Westwood Rd. Walking tours also provided to allow people to see different aspects of the city.
Hours of operation:	Spring event: 3 rd Saturday in May for bike tour, and walking tour offered on May 7 and May 14, at 1PM.
Location description:	Leaves from City Hall, ends at The Somerville Museum
Wheelchair access:	No
Staff languages:	English
Staff qualifications:	Program led by experienced cyclists
Associated costs:	Donation Appreciated

BOATING

Blessing of the Bay Clubhouse

Boys and Girls Club of Somerville

32 Shore Drive

Clubhouse: (617) 623-6137 Main Office: (617) 628-4665

Population targeted:	All ages, family-oriented
Program description:	Canoes, paddle boats, and roller blades for rent at the boathouse. Children under 10 must be accompanied by an adult to use the paddle boats; and children under 13 must be accompanied by an adult to use the canoes. Rental season runs from the Spring through the Fall. Exact opening and closing dates, as well as hours of operation are determined by the weather.
Hours of operation:	In good weather, the boathouse is open on the following days: Wednesday, Thursday, Friday: 1 - 6 PM; Saturdays & Sundays: 11 AM - 6 PM
Location description:	Shore Drive Park in 10 Hills Area, just up from intersection of Shore Dr. and Mystic Ave.
Wheelchair access:	Yes
Staff languages:	---
Staff qualifications:	---
Associated costs:	\$5-10 per hour
Scholarships/discounts:	Discounts are available

BOWLING

Sacco's Bowl Haven

45 Day St. Somerville, MA 02144
(617) 776-0552

Population targeted:	All ages
Program description:	Candle-pin bowling with 15 lanes; Also pool tables
Hours of operation:	Mondays: 9 AM - 11:30 PM; Tuesdays: 9 AM - Midnight; Wednesdays: 9:30 AM - Midnight; Thursday & Friday: 10 AM - Midnight; Saturdays: 10:30 AM - Midnight; Sundays: Noon - 11:30 PM
Location description:	45 Day St.; Davis Sq.
Wheelchair access:	Not without assistance; there is a small step up
Staff languages:	---
Staff qualifications:	---
Associated costs:	<u>Daytime rate:</u> \$2.25 per string (10 frames) per person; \$1.50 for shoe rental; <u>After 5 PM:</u> \$2.75 per string per person; \$1.50 for shoe rental <u>Pool:</u> \$7.50/hr, or Tues-Friday \$8 per person all day until 4PM
Scholarships/discounts:	Senior discount: 3 strings for \$5, shoes included; Kids discount (ages 16 and under): 3 strings for \$7, shoes included; Group discount (min. 8 people): \$16/hour, shoes included, 4 people per lane

BOXING

World Gym & Fitness, Inc.

16 Sturtevant St. Somerville, MA 02145
(617) 628-4272

Population targeted:	Ages 16 and up
Program description:	Private lessons are offered for basic and advanced levels of experience.
Hours of operation:	By appointment, or may use boxing equipment individually
Location description:	Assembly Sq.
Wheelchair access:	Yes
Staff languages:	English and some Spanish and Portuguese
Staff qualifications:	Former welter weight contender
Associated costs:	Full hour sessions: \$60 per session. Gym members have full access to equipment and boxing facilities
Scholarships/discounts:	No

DANCING

Art of Black Dance & Music (ABDM)

32 Cameron Ave. Somerville, MA 02144

(617) 666-1859

<http://www.abdm.net>

Population targeted:	K- 12 and college students
Program description:	ABDM offers group dance and drumming classes focusing on traditional and contemporary styles from Africa, the Caribbean, and the Americas. The organization specializes in school programs (both during school and after school), but offers programs for other populations (such as business and community organizations) as well. School-year programs are held in the Somerville-Cambridge area.
Hours of operation:	Classes usually meet once a week for 4-12 weeks. Sessions generally run Sept-June; approximately 5 different classes are offered each session.
Location description:	Varies
Wheelchair access:	Depends on program location
Staff languages:	English
Staff qualifications:	Extensive dance and education training
Associated costs:	Price depends on class. Call for more info
Scholarships/discounts:	Sliding scale discounts are available; call for details

Jody's School of Dancing

407 R Mystic Ave. #34C. Medford, MA 02155

(781) 396-8180

www.jodsydance.com

Population targeted:	Ages 2.5 and up; Most programs are for kids and teens, but occasionally adult programs are offered
Program description:	Group classes in ballet, tap, jazz, pointe, acrobatics, and hip hop. Classes are once a week for 30-45 minutes, and run from September through May. Summer dance camp is offered for 2.5 - 6 yr. olds.
Hours of operation:	School year classes are held after school and on weekends; Summer dance camp meets twice each week in the summer months.
Staff languages:	English
Location description:	Off Broadway, near Ball Sq.
Wheelchair access:	No
Staff qualifications:	Teachers are certified through the Dance Teachers Club of Boston
Associated costs:	The cost for taking 1 class is \$40/month. Call for summer camp prices.
Scholarships/discounts:	Discounts available fore families depending on the number of classes taken

Mary Flynn Murphy Dance Studio

1192 Broadway Somerville, MA 02144
(617) 628-6727

Population targeted:	Ages 3-18, but several classes are also open to adults
Program description:	Instructional classes in ballet, tap, jazz, lyrical dance, point, and hip-hop. Classes for toddlers focus on fostering creativity, coordination, and social skills. Courses run for approximately 9 months, starting in September. Class performances are held at the end of May and beginning of June.
Hours of operation:	Monday - Thursday: 3 - 8 PM; Saturdays 9-5PM
Location description:	Teele Sq.
Wheelchair access:	Yes
Staff languages:	English
Staff qualifications:	All teachers are certified by dance institutions
Associated costs:	Tuition is divided into 9 equal payments for each month of the program. Basic cost is \$42/month for one 1-hour class per week. Costumes must also be purchased for a minimum of \$55.
Scholarships/discounts:	

Salsa Dancing Lessons

Johnny D's Uptown
17 Holland St.. Somerville, MA 02144
(617) 776-2004

Population targeted:	Ages 21 and up
Program description:	Johnny D's restaurant and music club offers Salsa dancing lessons every Sunday night. Instruction lasts an hour, then a Latin band plays live music for folks to practice what they've learned
Hours of operation:	Sundays: Lessons: 9-10 PM; Dancing to live music: 10 PM - 12:30 AM
Location description:	Davis Sq.
Wheelchair access:	Yes
Staff languages:	Mainly English
Staff qualifications:	Years of instructor experience
Associated costs:	\$10 for each lesson and dancing session; \$8 to dance and hear live music without the lesson
Scholarships/discounts:	2 for 1 Student discount w/ student IDs

FOOTBALL & CHEERLEADING

Somerville Pop Warner Football and Cheerleading

Pop Warner

P.O. Box 440028 Somerville, MA 02144
(617) 764-0335

Population targeted:	Ages 7-15
Program description:	Tackle football league and cheerleading program for youth. There are approximately 8 games played against other local cities and towns. The season starts with practices in early August and continues through the Fall.
Hours of operation:	August 1 st - October.; Practices Monday - Thursday: 5:30 - 8 PM Early September - end of season: Practices on Tuesday and Thursday: 6 - 8 PM
Location description:	Conway Park and Foss Park are used for practices; Home Games are at Dilboy Stadium
Wheelchair access:	Yes
Staff languages:	English
Staff qualifications:	Coaches attend coaching clinics
Associated costs:	\$70 registration fee. Boys need to buy cleats as well, while girls need to buy competition sneakers.
Scholarships/discounts:	If more than one child is participating, the cost lowers with each additional child. If cost is an issue, something may be worked out.

GARDENING

Somerville Community Gardens

Somerville Conservation Commission

City Hall Annex, 50 Evergreen Ave. Somerville, MA 02145

508-579-3415

Population targeted:	All ages and abilities
Program description:	Somerville has seven typical community gardens that are divided up into plots for individuals to tend to. Each of these community gardens has 1 to 4 garden coordinators who work with the Somerville Conservation Commission to ensure that the gardens are maintained. As the gardens are usually filled to capacity each year, most garden coordinators maintain waiting lists so new gardeners can obtain plots as they open up. For more information about obtaining a plot in a community garden, call the Somerville Conservation Commission at the above number.
Hours of operation:	Gardens are open to plot holders at all times.
Location description:	See below.
Wheelchair access:	The following gardens are accessible: Avon Garden, Mystic Community Garden, Osgood Garden, and Walnut St. Garden. The Walnut St. Garden has area with a bed raised to wheelchair level.
Staff languages:	---
Staff qualifications:	---
Associated costs:	A small fee of approximately \$10-15 each season is requested from each gardener to help defray maintenance costs.

Individual Garden Sites:

- ❖ **Avon St. Garden** (18 plots near Avon and Central Streets, behind Somerville Home for the Aged)
- ❖ **Bikeway Garden** (24 plots between Grove and Cedar, on bike path near Davis Square)
- ❖ **Conwell Garden** (13 plots off of Capen Ct. near Alewife Brook Pkwy. and Mystic Valley Pkwy.)
- ❖ **Mystic Community Garden** (20 plots in the Mystic Housing Development, open to MHD residents only). This garden is managed by The Welcome Project. Contact them for more information about plots (617-623-6633)
- ❖ **Osgood Garden** (12 plots in Osgood St. Park, near intersection with Somerville Ave.)
- ❖ **Tufts Garden** (28 plots on Tufts University property along Powder House Blvd.)
- ❖ **Walnut St. Garden** (22 plots in Giles Park on Walnut St., near Union Square)

Somerville Community Growing Center Programs

Somerville Conservation Commission

Garden address: 22 Vinal Ave. Somerville, MA

Office phone: (617) 666-2969

www.thegrowingcenter.org

Population targeted: All ages and abilities

Program description: The Somerville Community Growing Center is a city owned property that has been created to foster educational programs and community events. Several community work days are held each year and volunteers are always welcome to help out on their own time frame. The Growing Center works closely with Somerville schools and community agencies to promote learning about organic gardening, nutrition, and environmental issues. Annual gardening programs include an April vacation program, Spring and Fall after-school programs, and a summer program called Art in the Garden. Cultural events are largely arranged and supported by The Friends of the Growing Center and the Somerville Arts Council. For more information about programs, events, or volunteering call the office at the above number.

Hours of operation: Open Hours: Early May through Early October. Saturdays: 9 AM - 12 PM
Call to arrange access for volunteering or visits at other times.

Location description: On Vinal Ave., between Summer St. and Highland Ave., near Union Sq.

Wheelchair access: Yes

Staff languages: Mainly English

Staff qualifications: ---

Associated costs: Almost all garden programs are free

Somerville Family Days

Gaining Ground, Inc. and Somerville Family Network

1060 Broadway Somerville, MA 02144

(617) 629-2948

www.gainingground.org

Population targeted: Children under 4 yrs. of age in low- and moderate-income families

Program description: Gaining Ground is a nonprofit organization that grows organic vegetables for those in need in food assistance. They sponsor seasonal trips, set up through the Somerville Family Network, in order to provide low- and moderate-income families with the opportunity to experience their gardens in Concord, MA. Trips run from late June through early November and transportation is provided. The program is open to 20 people each trip.

Hours of operation: Several Friday mornings throughout the growing season (call for specific dates)

Location description: Bus leaves from a designated Somerville site; farm is in Concord, MA

Wheelchair access: Yes

Staff languages: Mainly English, and some Spanish, Haitian and Portuguese

Staff qualifications: Play group facilitators have Bachelors Degrees

Associated costs: Free

Somerville Garden Club (SGC)

P.O. Box 441895 Somerville, MA 02144

Membership information: (617) 625-6600 ext.2519

somervillegardenclub.org

Population targeted:	Adults with interest in gardening, novice to master gardener
Program description:	Monthly meetings focus on gardening pleasure and education with lectures and demonstrations on garden subjects, a plant roundtable of shared knowledge, and a raffle of plants and garden items. With support from the City, volunteers in the SGC Public Planting Program design and maintain garden sites at the Main Branch Library, the West Branch Library, the Bikeway, Powder House Circle, Wilson Square, and at the "Welcome to Somerville" signs at the following intersections: Beech & Elm, Broadway & McGrath, and Broadway & Rt. 16. The club holds a plant sale in September, produces a newsletter, and occasionally organizes private garden tours to members' and other specially selected gardens.
Hours of operation:	Meetings: 2nd Wednesday of every month: 7 PM
Location description:	Meetings are at the Tufts Administration Building (TAB), 167 Holland St., near Davis Sq.
Wheelchair access:	Yes
Staff languages:	---
Staff qualifications:	---
Associated costs:	\$20 per year for membership
Scholarships/discounts:	No

Walnut Street Center Recreational Gardening Program

Walnut Street Center

300 Somerville Ave. Somerville, MA 02143

(617) 629-3565 or (617) 629- 3430

Population targeted:	Adults
Program description:	The Walnut Street Center operates a recreational gardening program for people with disabilities and they are always looking for volunteers to help out on any of the program days. The program takes place at the Somerville Community Growing Center on Vinal Ave. and involves participants in the planting and maintenance of a small vegetable plot, as well as maintenance activities for the whole growing center space. Program runs from early June through mid October. Call ahead of time if attending.
Hours of operation:	Monday, Wednesday, and Friday: 3 - 5 PM
Location description:	Garden is located between Summer St. and Highland Ave., near Union Sq.
Wheelchair access:	Yes
Staff languages:	English
Staff qualifications:	All staff have completed a training program
Associated costs:	Free

GYMNASTICS

Beginner's Gymnastics

Somerville YMCA

101 Highland Ave. Somerville, MA 02143

(617) 625-5050

Population targeted:	Ages 5 -13
Program description:	Gymnastics program for youth. Programs run for 8 weeks from February 4, 2006- April 1, 2006
Hours of operation:	Saturdays: 8:45 - 10 AM
Location description:	On Highland, between School St. and Central St.; near City Hall
Wheelchair access:	Limited
Staff languages:	Mostly English, and some speak Creole, Haitian, Portuguese and Spanish
Staff qualifications:	First Aid/CPR certification
Associated costs:	\$48 for members \$69 for non-members
Scholarships/discounts:	Scholarships are available

Gymnastics Classes

Gymnastic Academy of Boston

128 Smith Pl. Cambridge, MA 02138

(617) 441-9700

www.gymnasticacademy.com

Population targeted:	Ages 12 months – 10 years
Program description:	Gymnastics classes and summer camps for youth. Children are taught basic gymnastic positions and skills which are broken down into their smallest learnable parts
Hours of operation:	Classes are ongoing from September through June, call for schedule details. Also summer camp programs. <u>Open Gym</u> : Sunday through Friday
Location description:	128 Smith Place in Cambridge
Wheelchair access:	Yes
Staff languages:	English
Staff qualifications:	certified Gymnastics coaches
Associated costs:	A non-refundable annual registration fee is due upon enrollment: \$30 for the 1st child, \$10.00 for 2 nd child, and \$5 for 3 rd child. Class costs range from \$170- \$245. Payment periods are broken down into four ten week quarters. All fees can be prorated based on a students start date. <u>Open Gym</u> : \$5
Scholarships/discounts:	Scholarships may be available

HOCKEY & SKATING

Free Public Skating

Metropolitan District Commission (MDC)

Somerville Ave.

Rink phone: (617) 623-3523

MDC main office: (617) 727-4708

Population targeted: All ages

Program description: Free public skating from mid-October through late-March. Rental skates are available on site at some rinks. The rink also rents ice time for leagues and skating parties.

Hours of operation: Tuesday-Thursday: 12:30-1:50; Fridays and Saturdays: 7 – 8:50; Sundays: 2-4 PM; School Vacations: Monday – Friday (12:30 – 1:50)

Location description: On Somerville Ave. next to Conway Park (near Central Ave.)

Wheelchair access: Yes

Staff languages: ---

Staff qualifications: ---

Associated costs: Free public skating; rental skates cost \$4 per person; rental of the whole rink is available (call for details).

Ice Skating Lessons

Bay State Skating School

393 Totten Pond Rd. Waltham, MA 02451

(781) 890-8480

www.baystateskaingschool.org

Population targeted: Ages 5 and up

Program description: The Bay State Skating School runs skating classes for children and adults in the Boston area. Classes in Somerville are held at the Department of Conservation & Recreation (DCR) ice rink on Somerville Ave. Classes are held for 7-10 week sessions, and there are 2 or 3 sessions a year beginning in October and usually running through mid-March. Each class includes a 25-minute lesson and 25 minutes of practice. Participants are broken down into small groups based on ability levels. It is necessary to have your own skates.

Hours of operation: Somerville classes meet on Sundays from 1-1:50 PM

Location description: Veterans Memorial Rink, on Somerville Ave. next to Conway Park (near Central Ave.)

Wheelchair access: No

Staff languages: English

Staff qualifications: ???

Associated costs: For children: \$112 - \$160, depending on the session length (7-10 weeks);
For adults: \$122.50 - \$175, depending on the session length (7-10 weeks)

Scholarships/discounts: Call for more information.

Somerville Youth Hockey League

Somerville Youth Hockey Association

P.O. Box 440506 Somerville, MA 02144
(617) 628-8367

Population targeted:	Ages 5-17
Program description:	Hockey league for Somerville youth. Games are played against other cities and towns. There are approximately 30 games, 60 regular practices, and 10-15 power skating sessions each season. Practices start in September, and the season runs through April.
Hours of operation:	Practices are weekday evenings from 6-9 PM; games are on weekends
Location description:	Practices are held at the rink on Somerville Ave. next to Conway Park (near Central Ave.). Games are played at rinks in the Greater Boston area.
Wheelchair access:	Yes
Staff languages:	Mainly English
Staff qualifications:	Coaches are 18 and older, have undergone a Criminal Offender Record Inquiry (CORI), have completed an emergency medical training (EMT) session, and have been through a coaching program given by the USA Hockey Clinics.
Associated costs:	Approximately \$550 per player
Scholarships/discounts:	Assistance is a possibility on a case by case basis; college scholarships are awarded annually to several high school seniors who were league players

Somerville Youth Hockey - Billy Johnson Learn to Skate Program

Somerville Youth Hockey Association

P.O. Box 440506 Somerville, MA 02144
(617) 628-8367

Population targeted:	Ages 3-12
Program description:	Skating lessons for hockey players and anyone who wants to learn how to skate. Program is divided into two levels and includes 2-hour lessons once a week for 16 weeks. Program runs from early November through March.
Hours of operation:	Saturdays: 7-9 AM or 9-11 AM
Location description:	DCR rink on Somerville Ave. next to Conway Park (near Central Ave.)
Wheelchair access:	Yes
Staff languages:	English
Staff qualifications:	Coaches are 18 and older, and have undergone a Criminal Offender Record Inquiry (CORI), youth coaches are also on hand
Associated costs:	\$75/ \$100 non-resident
Scholarships/discounts:	Assistance is available on a case by case basis

Youth Gym Hockey

Somerville YMCA

101 Highland Ave. Somerville, MA 02143
(617) 625-5050

Population targeted:	Ages 5-13
Program description:	Instructional gym hockey program for youth. Programs run for 8 weeks from February 4, 2006 – April 1, 2006.
Hours of operation:	Saturdays: 10 - 11 AM
Location description:	On Highland, between School St. and Central St.; near City Hall
Wheelchair access:	Limited
Staff languages:	Mostly English; some speak Creole, Haitian Creole, Portuguese and Spanish
Staff qualifications:	First Aid/CPR certification
Associated costs:	\$40 for members (depending on program length) \$60 for non-members (depending on program length)
Scholarships/discounts:	Scholarships are available

Youth Street Hockey League

Somerville Recreation Commission

19 Walnut St. Somerville, MA 02143
(617) 666-0296

Population targeted:	Ages 8-14
Program description:	Teams are assigned by staff. Main equipment such as hockey sticks, goals, and pucks is provided, but individuals must provide their own protective equipment (helmet, mouthpiece, etc.). The season runs from mid April through early June.
Hours of operation:	Wednesday afternoons
Location description:	Albion Playground (on Albion St. between Cedar St. and Lowell St.)
Wheelchair access:	Yes
Staff languages:	Mainly English
Staff qualifications:	First Responder trained and certified through the Red Cross
Associated costs:	Free

MARTIAL ARTS

❖ Tai Chi programs are listed in the **AEROBICS / FITNESS / YOGA & MEDITATION** section

Brazilian Martial Arts Center

700 Mystic Ave. 2nd Floor Somerville, MA 02145
(617) 628-3800

Population targeted: Ages...

Program description: Karate, kickboxing, self-defense, Brazilian Jiu Jitsu, Capoeira classes

Hours of operation:

Location description:

Wheelchair access:

Staff languages:

Staff qualifications:

Associated costs:

Scholarships/discounts:

Central Institute of Tae Kwon Do

1161 Broadway Somerville, MA 02144
(617) 776-6161

Population targeted: Ages 7 and up

Program description: Martial arts programs for beginner and advanced levels. Children age 7 need to be accompanied by an adult.

Hours of operation: Beginner classes: Monday, Wednesday, Friday evenings, & Saturday: 9 – 10:30 am;

Advanced classes: Tuesday & Thursday evenings, & Saturday mornings

Location description: Teele Sq.

Wheelchair access: Yes

Staff languages: English

Staff qualifications: 9th Degree Black Belts

Associated costs: \$150 for 3 months; participants can attend 3-4 classes each week; includes uniform, belt and badge.

Scholarships/discounts: A \$50 discount is offered for additional family members

House of Samurai Shotokan Karate & Davis Square Martial Arts

408 Highland Ave. Somerville, MA 02144
(617) 591-9656

Population targeted:	Ages 5.5 and over
Program description:	Group classes in Shotokan Karate, Kung Fu Martial Arts, and Tai Chi
Hours of operation:	<u>Kid's Martial Arts classes:</u> Monday - Friday afternoons; <u>Adult classes:</u> Monday - Friday evenings; Saturday mornings
Location description:	Saturday classes meet outdoors in 7 Hills Park during the summer; all other classes are held in Davis Sq. studio
Wheelchair access:	No
Staff languages:	English, some French and Italian
Staff qualifications:	Instructors are certified black belts
Associated costs:	\$55 per month for ages 5-7; \$60 - 70 per month for ages 8 and up; \$50 - \$85 per month for adults depending on program, number of classes per week, and length of enrollment.
Scholarships/discounts:	No

Karate (Kids' KungFu)

Somerville YMCA and Xiang Hua Chinese Martial Arts

101 Highland Ave. Somerville, MA 02143

YMCA: (617) 625-5050 Xiang Hua: (617) 623-9151

<http://www.xianghua.com>

Population targeted:	Ages 5-13
Program description:	Chinese martial arts program, emphasizing basic skills and self-defense strategies. Each class is taught by the master and senior students of the Xiang Hua school. Programs run for 8 weeks from February 4, 2006 – April 1, 2006
Hours of operation:	Saturdays: 9-10 AM
Location description:	On Highland, between School St. and Central St.; near City Hall
Wheelchair access:	Limited
Staff languages:	English
Staff qualifications:	Martial Arts Instructors
Associated costs:	\$45 for YMCA members; \$60 for non-members
Scholarships/discounts:	Scholarships are available

Red Tiger Dojo Karate

278 Broadway, 2nd floor Somerville, MA 02145
(617) 776-6224

Population targeted:	Ages 4 and up
Program description:	Group or private classes, specializing in Karate and Kick Boxing
Hours of operation:	Monday - Friday: 4-9 PM, Saturday: 10 AM - 1 PM
Location description:	Winter Hill, next to the fire department
Wheelchair access:	Limited; only at the front door
Staff languages:	English, Portuguese, and Spanish
Staff qualifications:	Instructors are certified black belts
Associated costs:	A year commitment at a cost of \$110/month entitles one to 3 classes per week. Private classes cost extra; call for details.
Scholarships/discounts:	Family discounts available. Call for details.

Sityodtong Muay Thai Academy

100 Broadway Somerville, MA 02145
(617) 627-9678

<http://www.sityodtong.com>

Population targeted:	Ages 15 and up
Program description:	Instructional programs specializing in Muay Thai Kick Boxing, Indonesian Martial Arts, Filipino Martial Arts, and the Art and Philosophy of Bruce Lee (JKD). Membership levels allow for classes either 3 times per week, 5 times per week, or unlimited classes; classes are 1 hour long. Saturdays are open gym days that are free for all members; they do not count as a class.
Hours of operation:	Monday - Friday: 6-9 PM; Saturdays: 12-2 PM
Location description:	East Somerville, on Broadway between Glen St. and Franklin St.
Wheelchair access:	???
Staff languages:	English, French, Italian, Spanish, and Thai
Staff qualifications:	Trained professional staff
Associated costs:	For classes 3 days/week: \$75 per month For classes 5 days/week: \$85 per month For unlimited classes: \$100 per month Single Class: \$10 Day Pass/2 classes: \$15 One-time Registration Fee: \$30 Private lessons: \$50 per hour
Scholarships/discounts:	Discounts are available for low-income individuals, call for details

Team DBK Karate

314 Highland Ave. Somerville, MA 02144

(617) 666-8500

Population targeted:	Ages 5 and up
Program description:	Group and private lessons focusing on Kempo Karate. Programs suitable for people more interested in getting a good work out than moving through the ranks, as well as for people interested in competitive, sport karate.
Hours of operation:	<u>Children's classes:</u> Monday - Thursday: 4:30 - 5:30 PM; <u>Adult classes:</u> Monday - Thursday: 7 - 8 PM
Location description:	On Highland, between Willow Ave. and Cedar St.
Wheelchair access:	Yes
Staff languages:	English
Staff qualifications:	Instructors are certified black belts
Associated costs:	\$65/month for children. \$75/month for adults. Fee includes uniform and enables participation in as many classes per week as desired.
Scholarships/discounts:	Assistance is a possibility on a case by case basis

Tohoku Judo Club

444 Somerville Ave. Somerville, MA 02143

(617) 776-9060

<http://home.earthlink.net/~judoka/>

Population targeted:	Ages 4 and up
Program description:	Group classes for children and adults interested in either competitive or non-competitive Judo.
Hours of operation:	<u>Adult classes:</u> Monday - Thursday: 7:30-9:30 PM <u>Children's classes:</u> Monday, Wednesday & Friday 7-8:30 PM
Location description:	Just outside Union Sq.
Wheelchair access:	No
Staff languages:	Chinese, English, Greek, Italian, Japanese, Korean, and Spanish
Staff qualifications:	Instructors are certified black belts
Associated costs:	There is a mandatory \$50 annual registration fee (includes membership with the United States Judo Federation); Classes cost \$25/month for children, and \$50/month for adults. Fee enables participation in as many classes per week as desired.
Scholarships/discounts:	Discounts are offered for families and college students

Oom Yung Doe

260 Elm St., Davis Square Plaza Somerville, MA 02144
(617) 629-5888

<http://www.8martialarts.com/>

Population targeted: Ages 5 to adult.

Program description:

Hours of operation: Children's Lessons (ages 5-10): Monday & Wednesday (4:30-5:15PM)
Juniors Lessons (ages 11-16): Monday, Wednesday (5:15-6PM) & Saturday
Adult Lessons: Tuesday & Thursday (12-1PM), & Monday-Friday (7-8PM)

Location description: Davis Sq. Plaza

Wheelchair access: Yes

Staff languages: English

Staff qualifications: Certified Black Belts

Associated costs: \$100/month (juniors/children)

\$290/2 months (adults)

Scholarships/discounts: 20% off for each additional child in a family

OUTDOOR ADVENTURE & SCOUTING

Adventure Trips

Outdoor Explorations (OE)

98 Winchester St. Medford, MA 02155

(781) 395-4999 TTY: 781-395-4184

<http://www.outdoorex.org>

Email for Info: info@outdoorex.org

Population targeted:	Ages 8 and up, with and without disabilities (age 12 and up for some trips)
Program description:	20 day and weekend trips in total. 2-4 day trips explore environments such as the Maine coast, the White Mountains, and the Berkshire Mountains. Activities offered include: kayaking, rock climbing, whitewater rafting, cycling, sailing, camping, backpacking, as well as snow shoeing clinics tailored to individual goals so that everyone can excel. The focus is on learning basic skills. OE supplies equipment, instruction, transportation and most meals.
Hours of operation:	Most programs are over weekends; call for schedule
Location description:	Various locations in New England
Wheelchair access:	Most trips are accessible
Staff languages:	English; American Sign Language and additional translation upon request
Staff qualifications:	Staff are trained as Wilderness First Responders and/or Wilderness EMTs; they are also trained in outdoor technical skills and disability awareness
Associated costs:	Ranges from \$35 to \$275 depending on the trip
Scholarships/discounts:	Financial aid available.

Boy Scouts of America

123 Washington St. Winchester, MA 01890

Regional Office: (617) 615-0004

<http://www.bsaboston.org>

Population targeted:	Boys, ages 7-20; Girls, ages 14-20
Program description:	There are 8 different troops in Somerville, with 3 programs offered: Cub Scouts for boys ages 7-10, Boy Scouts for boys ages 11-17, and a co-ed Venturing program for teens ages 14-20. All programs are outdoor-oriented, promoting character development, citizenship, and fitness. Camping, hiking, skiing, rafting, and canoeing are examples of activities. Program is year-round, with more outings than meetings in the summer.
Hours of operation:	Cub and Boy Scouts meet weekly in the evenings, and some weekends; Differs depending on troop Venturing meets twice a month in the evenings, and some weekends
Location description:	Locations for troops include College Ave. United Methodist Church, East Somerville Community School and St. Ann's Church
Wheelchair access:	Yes
Staff languages:	Mainly English, but troops have parent-leaders that speak other languages; have multilingual literature and paperwork
Staff qualifications:	Staff receive scout-related training
Associated costs:	There is a national scout fee of \$10/year. Additional dues range from about \$25-30/year. Some activities cost additional money, but troops often hold fundraisers to support their participation.
Scholarships/discounts:	Yes, call regional office with requests for financial assistance

Youth Empowerment Partnerships

Outdoor Explorations (OE)

98 Winchester St. Medford, MA 02155

(781) 395-4999 TTY: 781-395-4184

Email for Info: info@outdoorex.org

<http://www.outdoorex.org>

Population targeted:	Ages 12-22, with and without disabilities
Program description:	Opportunity for youth of all abilities to participate in outdoor activity clinics, adventure trips, and community service projects. Programs are mainly for youth groups, but individuals are welcome to participate if space is available. Programs range from day-trips to several day programs.
Hours of operation:	Most programs are on weekends; call for schedule
Location description:	Varies
Wheelchair access:	Yes
Staff languages:	English; American Sign Language and additional translation upon request
Staff qualifications:	Staff are trained as Wilderness First Responders and/or Wilderness EMTs; they are also trained in outdoor technical skills and disability awareness
Associated costs:	Contact OE for respective program costs.
Scholarships/discounts:	Scholarships are available for individuals and group discounts are also offered.

Learn-About Forests Program

Eagle Eye Institute

14 Chapel St. Somerville, MA 02144

(617) 666-5222

<http://www.eagleeyeinstitute.org> & www.treesaremyfriends.org

Population targeted:	Ages 10 - early 20s
Program description:	The "Learn About" Forests Program gives participants the opportunity to identify and examine the effects of human interactions with the natural world. These short-term programs involve hiking, and often include other non-competitive physical activities.
Hours of operation:	1 day programs during July and part of August
Location description:	Different natural sites (between 1-2hr drive outside Boston area)
Wheelchair access:	Some trips may accommodate wheelchairs; call ahead
Staff languages:	English and Spanish
Staff qualifications:	Staff have completed the Appalachian Mountain Club outdoor leadership training program
Associated costs:	Free

Patriots' Trail Girl Scout Council

95 Berkeley St. Boston, MA 02116

Main council: (800) 882-1662

For troop membership: (617) 482-9045

<http://www.ptgirlscouts.org>

Population targeted:	Girls, grades K-12
Program description:	There are 17 troops in Somerville, with 5 programs offered for different age groups: Daisies (Kindergarten), Brownies (grades 1-3), Juniors (grades 4-6), Cadets (grades 7-9), and Seniors (grades 10-12). There are also special outreach programs for Hispanic, Asian, and Caribbean girls and their families. All troops have a physical activity component, and girls can earn recognition awards for involvement in sports and other fitness related exercise. Examples of physical activities include hiking, climbing, ice skating, bowling, double dutch jump roping, orienteering, and swimming. Programs are year-round.
Hours of operation:	Weekly or biweekly: after school or in the early evening, and on weekends.
Location description:	Numerous schools, churches, and community centers in Somerville
Wheelchair access:	Yes
Staff languages:	Chinese, English, Haitian Creole, Portuguese, and Spanish
Staff qualifications:	All staff have a background in working with youth
Associated costs:	The Girl Scout membership fee is \$10/year. Meeting dues vary by troop; most troops collect \$1-3/per meeting. Some activities cost additional money, but troops often hold fundraisers to support their participation.
Scholarships/discounts:	Yes, call main council office with requests for financial assistance

Seasonal Programs at the Middlesex Fells

Friends of the Middlesex Fells Reservation

4 Woodland Rd. Stoneham, MA 02180

(781) 662-2340

<http://www.fells.org>

Population targeted:	All ages
Program description:	The Friends of the Middlesex Fells offers free, guided activities for members and non-members. Typical activities include hiking, walking, snowshoeing, and nature programs (plant investigation, bird watching, animal tracking, geology walks, etc.). Most activities are 2-4 hours long. Some activities require pre-registration, and few are for members only.
Hours of operation:	Varies with each program. Weekday and weekend programs are offered.
Location description:	Programs meet in designated Reservation parking lots
Wheelchair access:	No
Staff languages:	Mainly English, FDR Education specialist with Spanish experience
Staff qualifications:	All staff are volunteers who are amateur naturalists, avid hikers, and/or professionally employed in an environmental field, also have professionally trained Department of Conservation and Rec. staff
Associated costs:	All programs are free, some may request small donation Membership is \$10/yr for seniors and students; \$15/yr for individuals; \$25/year for family/household membership
Scholarships/discounts:	Occasional assistance is provided

Wild Work Community Service Projects

Outdoor Explorations (OE)

98 Winchester St. Medford, MA 02155

(781) 395-4999 TTY: 781-395-4184

<http://www.outdoorex.org>

Email for Info: info@outdoorex.org

Population targeted: All ages, with and without disabilities

Program description: This program provides opportunities for people to care for green spaces in Greater Boston. These high-energy days bring together people with cognitive, sensory, and physical disabilities and people without disabilities to make our parks accessible to everyone. Families, individuals, and groups are welcome to participate. Lunch is provided.

Hours of operation: Program days vary; call for schedule

Location description: Different work sites are chosen each year in the Greater Boston area

Wheelchair access: Yes

Staff languages: English; American Sign Language and additional translation upon request

Staff qualifications: Staff are trained as Wilderness First Responders and/or Wilderness EMTs; they are also trained in outdoor technical skills and disability awareness

Associated costs: Free

RUNNING

Somerville Road Runners (SRR)

58 Day St. P.O. Box 2048 Somerville, MA 02144
(617) 598-1024 x1028

<http://www.srr.org>

Population targeted:	All ages
Program description:	Running club that insists no one is too old, too slow, or too large to participate. Runners range from purely recreational to highly competitive, and the atmosphere is very social. Wheelchair runners are also encouraged to join. The group has monthly meetings, sponsors events, and has weekly workouts. Workouts are held indoors during the winter and outdoors during the summer.
Hours of operation:	Workouts are held on weekday evenings
Location description:	Winter workouts are held at Tufts University, Cousens Gym; Summer workouts are held at the outdoor track at Tufts University, and 4-mile runs leave from Khoury State Spa at 118 Broadway (near intersection of Broadway and McGrath Hwy.)
Wheelchair access:	Yes
Staff languages:	English
Staff qualifications:	Workouts led by experienced coach
Associated costs:	Individual membership: \$20 per year; Family membership: \$30 per year
Scholarships/discounts:	From time to time SRR has assisted runners with race entry and travel expenses; this is done on a case by case basis

SOCCER

Central America Soccer League

Committee of Refugees from El Salvador (CORES)

343 Medford St. Somerville, MA 02145

(617) 623-5322

Population targeted:	Latinos, ages 16 and up
Program description:	Friendly, but competitive amateur soccer league with teams from Somerville and several neighboring locations. Register as teams. There are two divisions, each with 12 teams. Each team plays one 90-minute game per week. Season runs from early May through October.
Hours of operation:	Saturdays and Sundays
Location description:	Games are held at Draw 7 Park in Somerville, as well as Chelsea High School in Chelsea, Cambridge, and Brighton
Wheelchair access:	Yes
Staff languages:	Spanish and English
Staff qualifications:	---
Associated costs:	Approx. \$360 per team
Scholarships/discounts:	No

Play Soccer Camp

Play Soccer

Unit 10, 24 St. Martin Dr. Marlborough, MA 01752

(508) 460-6363

<http://www.playsoccercamps.com>

Population targeted:	Ages 4-14
Program description:	Play Soccer conducts soccer camps throughout New England. The program in Somerville is a 5-day soccer camp held for 6 weeks in the summer. People can sign up for as many weeks as they like. There are different clinics for different age groups. Lessons are 3 hours long each day.
Hours of operation:	Monday – Friday; 9-12 or 9-3
Location description:	Camp is held at a field in Cambridge
Wheelchair access:	Yes
Staff languages:	English
Staff qualifications:	Coaches have completed a training program oriented toward teaching youth, and many are highly experienced soccer players.
Associated costs:	\$149 for half day; \$219 for full day
Scholarships/discounts:	Financial assistance is available; call for information

Somerville Youth Soccer

Somerville Youth Soccer League

34 Josephine Ave. Somerville, MA 02144

(617) 776- 3938 or (617) 629-7793

<http://www.oursysl.org>

Population targeted:	Ages 4-18
Program description:	Soccer programs with both Intra-City and Inter-City Travel teams. All Somerville youth are eligible. There are both Fall and Spring leagues. Each runs for 8-10 weeks.
Hours of operation:	Hours vary by team
Location description:	Practices are held at several fields around Somerville
Wheelchair access:	Yes
Staff languages:	English, Greek, Portuguese, and Spanish
Staff qualifications:	Coaches are encouraged to attend optional training clinics
Associated costs:	Intra-City teams: \$30 for player (uniform not included), \$50 for player needing uniform. Inter-City Travel teams: \$50 for player (uniform not included), \$80 for player needing uniform.
Scholarships/discounts:	Scholarship assistance is available

*Call Gordon Siek for Major League Soccer Camps at (617) 623-1720 or (781) 391- 0442

SWIMMING & AQUATICS

Adult Swim Programs - Swim Lessons, Water Aerobics, & Arthritis Aquatics

Somerville YMCA

101 Highland Ave. Somerville, MA 02143

(617) 625-5050

Population targeted:	Ages 18 and up
Program description:	Swim lessons, water aerobics, and arthritis aquatics. Programs meet 1-2 times per week for 8 weeks. Several programs are held each year. Swim lessons are held February 1-March 29, 2006; Water Aerobics are held Jan. 10-March 2, 2006; Arthritis Aquatics are held Jan 24-March 23, 2006
Hours of operation:	<u>Swim lessons:</u> Beginners: Wednesdays: 8 - 8:30 PM; Intermediate: Wednesdays: 8:30 - 9 PM <u>Water Aerobics:</u> Tuesdays & Thursdays: 8-9 PM <u>Arthritis Aquatics:</u> Tuesdays & Thursdays: 10-10:30 PM
Location description:	On Highland, between School St. and Central St.; near City Hall
Wheelchair access:	Limited
Staff languages:	Mostly English; some speak Creole, Haitian Creole, Portuguese, Spanish
Staff qualifications:	First Aid/CPR certification and lifeguard certification
Associated costs:	Program costs range from about \$24-\$35 for members, and from about \$41-\$68 for non members. members.
Scholarships/discounts:	Some scholarships are available for adult memberships.

Family Swim

Kennedy School

5 Cherry St. Somerville, MA 02144

(617) 625-6600 x6676

Population targeted:	Families, all ages and abilities
Program description:	Play time in the pool. Lap swimming is not allowed in the family swim area. Water wheelchairs are available for use, but family members are responsible for all assistance and supervision as staff need to focus attention on entire pool activity.
Hours of operation:	<u>School year:</u> Monday - Thursday: 6 - 7:30 PM; Saturdays: 12 - 3:45 PM; <u>Summer:</u> Monday - Friday: 12 - 3:45 PM; Monday - Thursday: 6 - 7:45 PM
Location description:	At intersection of Cherry St. and Elm St., near Porter Sq. in Cambridge; pool entrance is on Sartwell St.
Wheelchair access:	Yes
Staff languages:	English
Staff qualifications:	Lifeguards are American Red Cross Lifeguard, Professional Rescuer with First Aid and CPR
Associated costs:	\$3 per adult per use; \$1 per child per use
Scholarships/discounts:	8-week passes are available for frequent users at a discount of approx. 50%

Lap Swim

Kennedy School

5 Cherry St. Somerville, MA 02144
(617) 625-6600 x6676

Population targeted:	Adults, ages 18 and up
Program description:	Lap swimming for adults. Program is open to both residents and non-residents of Somerville
Hours of operation:	<u>School year:</u> Monday, Wednesday, Friday: 6 - 7:45 AM (Early Bird Swim); Monday - Thursday: 7 - 8:45 PM; Saturdays: 12 - 3:45 PM <u>Summer:</u> Monday - Friday: 6:15 - 8 AM (Early Bird Swim); Monday - Thursday: 4 - 7:45 PM; Fridays: 4 - 5:45 PM;
Location description:	At intersection of Cherry St. and Elm St., near Porter Sq. in Cambridge; pool entrance is on Sartwell St.
Wheelchair access:	Yes
Staff languages:	English
Staff qualifications:	Lifeguards are American Red Cross Lifeguard, Professional Rescuer with First Aid and CPR
Associated costs:	Early Bird Swims: \$5 per Somerville resident per use; \$6 per non-resident All other times: \$4 per Somerville resident per use; \$5 per non-resident
Scholarships/discounts:	8-week passes are available for frequent users at a discount of approx. 50%

Learn to Swim Program

Kennedy School

5 Cherry St. Somerville, MA 02144
(617) 625-6600 x6676

Population targeted:	Ages 4-14
Program description:	The goal of this program is to teach young children how to swim, teach them about water safety and emergency procedures, and enable them to feel confident in the water. Courses are taught at five different levels, ranging from beginner skills to competitive swimming skills. School year courses are 8 sessions long, either meeting on weekdays twice a week for 4 weeks, or on Saturdays for 8 weeks. Summer courses run as week-long sessions.
Hours of operation:	<u>School year sessions:</u> Mondays & Wednesdays: 5:15 - 6 PM; Tuesdays & Thursdays: 5:15 - 6 PM; Saturdays: Classes start at 10:15 & 11:15 <u>Summer sessions:</u> Monday - Friday: mornings (all levels); Monday - Friday: evenings (beginner levels only)
Location description:	At intersection of Cherry St. and Elm St., near Porter Sq. in Cambridge; pool entrance is on Sartwell St.
Wheelchair access:	Yes
Staff languages:	English
Staff qualifications:	Lifeguards are American Red Cross Lifeguard, Professional Rescuer with First Aid and CPR
Associated costs:	\$50 per course (resident) (5-8 sessions depending on the season), \$65 per course (non-resident), \$35 per course during summer (resident), \$45 per course during summer (non-resident)
Scholarships/discounts:	Assistance is a possibility on a case by case basis

Open Swim / Lap Swim

Somerville YMCA

101 Highland Ave. Somerville, MA 02143
(617) 625-5050

Population targeted:	Ages 6 and up
Program description:	Open swimming and lap swimming for youth, adults, and families. Participants need to either be regular members or purchase day passes.
Hours of operation:	<u>For Youth (ages 6-13):</u> Open swim Monday - Thursday: 3 - 3:30 PM; Summer & School Vacations/Early Release Wednesdays: 1:30 - 2 PM <u>For Youth (ages 14-17):</u> Lap swim Monday - Friday: 5:30 - 6:30 PM; Sunday: 11 AM - 1:30 PM <u>For Adults (ages 18+):</u> Lap swim Monday - Friday: 6:30 - 9 AM; 12 - 1:30 PM; 5:30 - 8 PM; Saturdays: 7 - 8:30 AM; 1 - 2:30 PM Sundays: 11 AM - 1:30 PM <u>For Families:</u> Open swim Friday: 8 - 9 PM; Sundays: 1:30 - 3:30 PM
Location description:	On Highland, between School St. and Central St.; near City Hall
Wheelchair access:	Limited
Staff languages:	Mostly English, some speak Creole, Haitian Creole, Portuguese and Spanish
Staff qualifications:	Certified lifeguards, First Aid/CPR certification
Associated costs:	<u>Day Passes:</u> \$1.25 for ages 6-13; \$2.50 for ages 14-17; \$7 for adults <u>Membership:</u> See Club Membership in the Aerobics/ Fitness Clubs/Yoga section for full listing of membership costs.
Scholarships/discounts:	Membership scholarships are available for adults.

Outdoor Public Swimming

Metropolitan District Commission (MDC)

Dilboy Field Memorial Pool: (617) 623-9321
Latta Bros. Memorial Pool, Foss Park: (617) 623-9174
MDC main office: (617) 727-4708

Population targeted:	All ages
Program description:	Free public swimming at Dilboy Field Memorial Pool & Latta Brothers Memorial Pool in Foss Park in Somerville from approximately late-June through the end of August. Foss Park has a wading pool for young children in addition to a regular size swimming pool.
Hours of operation:	Everyday: 11 AM – 5:30 PM for both pools
Location description:	Dilboy Field is located near Alewife Brook Parkway and Alewife Brook; Foss Park is located at the intersection of Broadway and McGrath Hwy.
Wheelchair access:	Yes
Staff languages:	---
Staff qualifications:	Certified lifeguards
Associated costs:	Free

Special Needs Swim Program

Somerville Recreation Commission

19 Walnut St. Somerville, MA 02143
(617) 666-0296

Population targeted:	Ages 6-22 with special needs
Program description:	This program transports students with special needs to a handicap accessible pool in Waltham on early-release Wednesdays. Program meets only during the school year.
Hours of operation:	Wednesday afternoons
Location description:	Fernald School in Waltham, transportation provided
Wheelchair access:	Yes
Staff languages:	Most programs are led in English, but there is some use of Haitian Creole, Portuguese, and Spanish by staff.
Staff qualifications:	Leader is First Responder trained and certified by the Red Cross; program is assisted by college students in relevant fields of study.
Associated costs:	Free

Water Aerobics

Kennedy School

5 Cherry St. Somerville, MA 02144
(617) 625-6600 x6676

Population targeted:	Ages 18 and up
Program description:	Water aerobics program for adults, involving low to medium impact exercises. Courses are 9 weeks long, with 15-18 sessions per course. There are no summer courses.
Hours of operation:	Mondays & Wednesdays (deep water): 6 - 7 PM Tuesdays & Thursdays (shallow water): 6 - 7 PM
Location description:	At intersection of Cherry St. and Elm St., near Porter Sq. in Cambridge; pool entrance is on Sartwell St.
Wheelchair access:	Yes
Staff languages:	English
Staff qualifications:	Certified lifeguards and water safety instructors, with First Aid/CPR
Associated costs:	\$80 per course (15-18 sessions depending on the season)
Scholarships/discounts:	Assistance is a possibility on a case by case basis

Water Babies and Adult Lessons

Kennedy School

5 Cherry St. Somerville, MA 02144
(617) 625-6600 x6676

Population targeted:	Adults alone, and with children from infancy up to age 3
Program description:	Water babies is meant to expose infants and toddlers to being in the water, and teaches the most basic of water skills. Courses are run periodically throughout the school year. Adult lessons available by appointment only..
Hours of operation:	Program is usually run on Saturdays
Location description:	At intersection of Cherry St. and Elm St., pool entrance is on Sartwell St.
Wheelchair access:	Yes
Staff languages:	English
Staff qualifications:	Certified lifeguards and water safety instructors, with First Aid/CPR
Associated costs:	Water babies: \$40 for 8 classes; Adult lessons: call for details
Scholarships/discounts:	Assistance is a possibility on a case by case basis

"Y" Swim Lessons for Children

Somerville YMCA

101 Highland Ave. Somerville, MA 02143
(617) 625-5050

Population targeted:	Ages 1-13
Program description:	Classes emphasize learning how to swim, safety awareness, and character development. There are separate swimming classes for different age groups. Age categories are as follows: parent & child (for children ages 1-3), pre-school (ages 3-5), and youth (ages 6-13). In addition to age categories, lessons are also broken down into appropriate skill level groups. Classes run year round and are broken into several sessions. Fall, Winter, and Spring sessions are 8 weeks long. Classes meet 1-2 times per week.
Hours of operation:	Varies depending on age and skill level, usually Thursdays and Saturdays for ages 6-13; and during the week for ages 3-6
Location description:	On Highland, between School St. and Central St.; near City Hall
Wheelchair access:	Limited
Staff languages:	Mostly English, some speak Creole, Haitian Creole, Portuguese and Spanish
Staff qualifications:	First Aid/CPR certification, and lifeguard certification
Associated costs:	<u>Parent & Child lessons:</u> \$48 <u>Pre-School lessons:</u> \$49 - \$56 <u>Youth lessons (ages 6-13):</u> 1 class per week is free for members; Membership is \$50 per year, and scholarships are available. Non-member price for youth swimming lessons is \$50.
Scholarships/discounts:	Scholarships are available for youth memberships, and Harvard Pilgrim members receive a 20% discount on membership

TENNIS

Mr. Pee Wee Tennis**Somerville Recreation Commission**

19 Walnut St. Somerville, MA 02143

(617) 625-6600, ext. 2980

Population targeted:	Ages 6-9
Program description:	Tennis instruction for children. Lessons stress basic skills development. Offered in the Spring and the Fall.
Hours of operation:	May - Early-June Tuesdays & Thursdays: 3:15 - 4 PM for ages 6 & 7; 4-5 PM for ages 8 & 9
Location description:	Morse-Kelley Playground (corner of Summer St. and Craigie St.)
Wheelchair access:	Yes
Staff languages:	Mainly English
Staff qualifications:	First Responder trained and certified through the Red Cross
Associated costs:	\$20 (includes use of racquet, and lessons)
Scholarships/discount	

WALKING

Somerville Pedestrians Group: (617) 623-4598 The Somerville Pedestrians Group does not offer any formal walking programs, but advocates for the interests of pedestrians in order that they are able to have more opportunities to walk safely in Somerville. For more information or to join, call the above number.

Somerville Strollers

Somerville Council on Aging (SCOA)

167 Holland St. Somerville, MA 02144
(617) 625-6600 x2300

Population targeted:	Ages 60 and up
Program description:	Weekly drop-in program that focuses on stretching and walking. The walk is usually 1-2 miles long, but participants may walk less or more if they choose to. Most walks are indoors, but occasionally the group walks outdoors. Program is year-round. Transportation to site is not provided
Hours of operation:	Thursdays: 9 – 9:30 AM (Indoors), Fridays in the Spring (outdoors)
Location description:	Thurs: Good Times Emporium (30 Sturtevant St.), Assembly Square area Fridays: Bike path
Wheelchair access:	Yes
Staff languages:	English
Staff qualifications:	Program coordinator is a trained walking club leader, through the Massachusetts Executive Office of Elder Affairs
Associated costs:	Free

Women's RecXercise / Walking Program

Somerville Recreation Commission

19 Walnut St. Somerville, MA 02143
(617) 625-6600, ext. 2980

Population targeted:	18 and up
Program description:	"Prescription for fitness" program that includes a warm-up phase paced walking to music, and a cool-down stretch. The program works to improve women's fitness level over a period of time. Two instructors are on hand to offer encouragement and assistance. Two courses are held throughout the year, and each one lasts several months. One runs from late September - mid January; the other runs from mid January through mid April.
Hours of operation:	Mondays and Thursdays: 6:30 - 7:30 PM
Location description:	Somerville High School Field House (81 Highland Ave. near City Hall)
Wheelchair access:	Yes
Staff languages:	Mainly English
Staff qualifications:	First Responder trained and certified through the Red Cross
Associated costs:	\$20 per person
Scholarships/discounts:	No

COMBINED NUTRITION / PHYSICAL ACTIVITY PROGRAMS

LiteStyles

Ambulatory Nutrition Services, Cambridge Health Alliance (CHA)

1493 Cambridge St. Cambridge, MA 02139

(617) 665-2525 x2500

<http://www.challiance.org>

Population targeted:	Ages 18 and up
Program description:	LiteStyles is a 10-week weight management program for Somerville and Cambridge adults that focuses on healthy nutrition principles, behavior modification, and physical activity. Topics discussed include meal planning and preparation, food shopping, dining out, and exercise. Participants play an active role in setting personalized goals and are provided with the tools needed to make permanent lifestyle changes to improve their health. Individuals must have their Primary Care Provider complete a referral form.
Hours of operation:	Weekly 90-minute sessions
Location description:	Cambridge Hospital
Wheelchair access:	Yes
Staff languages:	English; planning to have groups taught in other languages starting in 2002
Staff qualifications:	Taught by a Registered Dietitian, certified in adult weight management
Associated costs:	Many insurance plans including Network Health and FreeCare fully cover participation in this program with a provider referral. Participants should contact their insurance carrier regarding coverage.

Nutrition/Walking Group

Walnut Street Center

300 Somerville Ave. Somerville, MA 02143

(617) 629-3565

Population targeted:	Ages 21 and up, all abilities
Program description:	The program meets once a week for 8 weeks in the Spring. Sessions begin with the participants dividing into small groups and taking walks around the Union Square area. After the walk, a nutritionist leads a discussion and participants prepare and eat a nutritious meal. Program runs from early May through June. Call if you wish to attend.
Hours of operation:	Wednesdays: 3:30 - 5 PM
Location description:	Union Sq.
Wheelchair access:	Yes
Staff languages:	English
Staff qualifications:	Nutritionist on staff
Associated costs:	\$8 per session; covers costs for nutritionist, meal ingredients, and handouts
Scholarships/discounts:	Discounts are negotiable on an individual basis

Weight Loss Support Group for Elders

Somerville Council on Aging (SCOA)

167 Holland St. Somerville, MA 02144

(617) 625-6600 x2300

Population targeted: Ages 60 and up

Program description: While this program is mostly discussion-based, the group occasionally participates in low-impact exercises. The program is jointly led by Council of Aging staff and a community nutritionist.

Hours of operation: Tuesdays: 9:00 – 10:00 AM, at The Ralph & Jenny Center

Location description: Tuesdays 10:30-11:30 AM, at the Tufts Administration Building
Senior Center at The Ralph & Jenny Center, 9 New Washington St.,
Somerville

Senior Center at the Tufts Administration Building, 167 Holland St.

Wheelchair access: Yes

Staff languages: English

Staff qualifications: Certified Instructor

Associated costs: Free

Weight Management Program

Cambridge Health Alliance (CHA)

Central Street Health Center 26 Central St. Somerville, MA 02143

(617) 591-6067 for program information

(617) 591-6033 to set up a pre-group evaluation

(Behavioral Health Clinic)

<http://www.challiance.org>

Population targeted: Ages 18 and up

Program description: This is a multi-level weight management program run by a licensed clinical specialist. Groups spend the majority of time with the clinician, but also work with a registered dietitian. Additionally, individuals are provided with referrals to physical therapy in order to establish walking programs. The focus is on encouraging broad lifestyle changes. All participants must go through a pre-group evaluation, which can be arranged by calling the appropriate number above.

Hours of operation: Groups meet Monday - Friday: various times

Location description: On Central St., between Summer St. and Somerville Ave.

Wheelchair access: Yes

Staff languages: English, Spanish, Portuguese, Haitian Creole, Asian languages, Portuguese
Spanish

Staff qualifications: Licensed, experienced staff and trainees

Associated costs: Many insurance plans including Network Health and FreeCare fully cover participation in this program.

PARKS / PLAYGROUNDS / PATHWAYS

- ❖ **Data Source:** Most of the information in this section was obtained from Somerville At A Glance: A Guide to Essential Services, 2000 Edition. This guide is produced by the City of Somerville.

MDC Properties

Metropolitan District Commission (MDC)

Main Office: (617) 727-4708

North Region Headquarters: (781) 662-5230

<http://www.state.ma.us/mdc>

The parks and playing fields owned by the MDC are available for use by the public. Although there is no charge for the use of most MDC playing fields (such as baseball, football, and soccer fields), it is necessary to obtain a permit. The only space in Somerville that costs money is the stadium at Dilboy Field. The rental field for Dilboy Stadium is \$87.50 for a 5-hour block of time. Call 617-727-4708 for rental information and permit applications.

Dilboy Field: Located near Alewife Brook Parkway and Alewife Brook. The play area is handicap accessible (except for the stadium bleachers). It contains play equipment, a swimming pool, 2 baseball fields, 2 tennis courts, a track and field events area, and a football stadium. There are also 2 parking lots.

Draw Seven Park: Located along the Mystic River past the Mystic River Parklands, the park is accessible via Foley Street behind Assembly Square. The park is handicap accessible. It contains one large soccer field, a pedestrian/bike path, a picnic shelter, and parking lot.

Foss Park: Located on McGrath Highway and Broadway. The park is handicap accessible, and contains play equipment, a swimming and wading pool, two baseball fields, basketball courts, a soccer field, and a parking lot.

Middlesex Fells Reservation: The Fells Reservation (781-662-5230) offers opportunities for walking, hiking, horseback riding, mountain-biking, cross-county skiing, and rock climbing on over 2,500 acres. There are many entrance points, as the Fells covers parts of Malden, Medford, Winchester, Stoneham, and Melrose. The park is open year-round, dawn to dusk. An area map can be found at the following internet address: www.state.ma.us/mdc/maps/fells.gif. More detailed trail maps can be purchased (for \$5) through the Friends of the Middlesex Fells: (781) 662-2340. Their web site is: <http://www.fells.org>

Mystic River Parkland: Located along the shore of the Mystic River behind Assembly Square. The park is handicap accessible. It contains paths, benches, and a fishing pier.

Mystic River Reservation: There are several paths in the Mystic River/Mystic Lakes area that can be used for walking, jogging, biking, and roller-skating. One path is a 3.5 mile loop along the river, starting from the Amelia Earhart Dam at Draw 7 Park. The loop crosses the Mystic River twice, once at the Wellington Bridge near the Seven Hills area, and again further upstream. Another path is near the Lower Mystic Lake and runs through parts of Medford and Arlington. Also, there is a path that runs from Boston Ave. to Broadway along Alewife Brook and Rt. 16.

Shore Drive Park: Located along the Mystic River and Shore Drive. The park is handicap accessible. It contains a parking lot, picnic area, and boathouse with seasonal rentals of canoes and paddleboats.

Minuteman Bikeway with connection through Linear Park

For a Free Map call the Arlington Planning Department: (781) 316-3090

The Bikeway runs 11 miles through Cambridge, Arlington, Lexington, and into Bedford. It is wheelchair accessible, and is great for walking, jogging, biking, and roller-skating. Linear Park extends the Bikeway into Somerville up to Cedar St. (next to the intersection of Cedar St. and Morrison Ave.). A feasibility study is currently underway to extend the path through east Somerville and into Boston.

Municipal Parks and Playgrounds

City of Somerville Parks Department

(617) 625-6600 x5230

Municipal playing fields are available for use by the public through a permit system. Somerville residents are given first priority for all field permits. There is no charge for the use of the playing fields, but a \$100 refundable forfeit fee must be included with the permit application. This fee will be returned at the end of the season if all field use rules were complied with. Call the Parks Dept. at the above number for a permit application.

Albion Playground: Located on Albion St. between Cedar St. and Lowell St. Playground is handicap accessible. Contains play structures, a basketball court, hopscotch and four-square area, and a street hockey court.

Bailey Park: Located between Belmont and Lowell St., next to the old Somerville Hospital Nursing School. Park is handicap accessible. Contains recreational space.

Central Hill Playground: Located on Highland Ave. in front of the Somerville High School, next to City Hall and the Central Library. Contains a tot lot for ages 1-4, and another play area for ages 5-10.

Conway Park: Located on Somerville Ave. near Central Ave. Park is handicap accessible. Contains two basketball courts, two fields used for baseball, soccer, or football, a street hockey area, and a tot lot.

Corbett Park: Located on the corner of Munroe and Prospect Hill Ave. Contains play structures, and two half-court basketball courts.

Dickerman Playground: Located on Craigie St. about halfway along the street. Playground is handicap accessible. Contains play structures, and a basketball court.

East Somerville Community Playground: Located on the corner of Pearl and Cross St. Playground is handicap accessible. Contains play structures, two full basketball courts, and two half basketball courts.

Florence Playground: Located on Florence St. between Washington and Pearl St. Contains play structures, a basketball court, and a recreational area.

Glen Park: Located on Glen and Oliver Streets. Contains play structures, two basketball courts, two baseball fields, and a community garden.

Municipal Parks and Playgrounds (CONTINUED)

City of Somerville Parks Department

(617) 625-6600 x5230

Grimmons Playground: Located on Governor Winthrop Road off Shore Drive. Playground is handicap accessible. Contains play structures, and a half basketball court.

Harris Playground: Located at the end of Cross St. East. Contains play structures, and a basketball court.

Hodgkins/Curtin Playground: Located on Holland St. between Davis Sq. and Teele Sq. Contains play structures for younger and older kids, and a baseball field.

Hoyt-Sullivan Playground: Located on Central St. between Pembroke Street and the railroad bridge. Playground is handicap accessible. Contains play structures for tots and for older children, and a basketball court.

Kenney Park: Located on corner of Highland Ave. and Grove St. in Davis Sq. Park is handicap accessible. Contains play structures, and a basketball court.

Lexington Park: Located on Lexington St. between Hancock and Cedar Streets. Playground is handicap accessible. Contains play structures, a half basketball court, and a small recreational area.

Lincoln Park: Located behind the Lincoln Park School and adjacent to Perry St. Contains play structures, basketball courts, and two baseball fields.

Marshall Street Playground: Located on corner of Marshall St. and Mortimer Place. Contains play structures for tots, and for older children.

Morse-Kelley Playground: Located on the corner of Summer and Craigie Streets. Playground is handicap accessible. Contains play structures for tots, two basketball courts, and a hopscotch and four-square area.

North Street/Veterans Playground: Located on North St. near the Veterans' Cemetery. Contains play structures and a half basketball court.

Osgood Park: Located at the end of Osgood St. off of Somerville Ave. Contains play structures and a community garden.

Otis Playground: Located on Otis St. adjacent to McGrath Hwy.

Palmacci Playground: Located on the corner of Hanson and Skehan Streets. Contains play structures for younger children.

Perry Park: Located on Washington St. between Dane and Leland Streets. Contains separate play structures for younger and older children, a tennis court, a basketball court, a recreation area, and hopscotch and four-square areas.

Municipal Parks and Playgrounds (CONTINUED)

City of Somerville Parks Department

(617) 625-6600 x5230

Powder House Park: Located at corner of College Ave. and Broadway. Park is handicap accessible. Contains a small slide, a small basketball area, and recreational space.

Prospect Hill Park: Located on Munroe St. between Prospect Hill Ave. and Walnut St. Park is handicap accessible (except for the tower). Contains recreational space.

Somerville Community Growing Center: Located on Vinal Ave. between Highland and Summer Streets. Contains recreational and garden space.

Southern Field: Located on Summer St. between Vinal Ave. and Putnam St. Open recreational space that can be used for football, soccer, and other sports.

Stone Place Playground: Located in Union Sq. between Stone Place, Sanborn Court, and Homer Sq. Contains hopscotch area, and play structures.

Trum Field and Playground: Located at intersection of Broadway and Cedar St. Field is handicap accessible. Contains two baseball fields, and basketball courts. Playground contains play structures.

Walnut Street Park: Located on Walnut St. Park is handicap accessible. Contains play structures and a community garden.

Woodstock Playground: Located on corner of Woodstock St. and Alewife Brook Parkway. Contains play structures.

Outdoor Track

Tufts University Athletics Department

(617) 627-3232

This track is open to the public for use anytime it is not in use for Tufts athletic events. The track is 1/4 mile long. It is located on College Ave., near Powder House Circle. The entrance to the track can be found by entering the Tufts parking lot on College Ave., and following the fence around to the bleacher section.

Recommendations For A More Physically Active Life

Regular physical activity combined with good nutrition leads to a healthy lifestyle. Physical activity can decrease stress, help improve mental health and self-esteem, help maintain strong bones, and prevent major health problems such as heart disease, high blood pressure, overweight/obesity, and certain cancers.

Aim for 30-60 minutes of moderate to vigorous physical activity on most, if not all, days of the week. Here are suggestions for activities that you, your friends, and family can do on a regular basis:

Walking:

- ❖ Walk to and from school or work
- ❖ Walk during leisure time
- ❖ Park in the last row of the parking lot and walk a little further to the store you plan to shop at; and/or take a lap around the mall or store before you start shopping
- ❖ Explore natural areas; the Alewife Brook/Mystic River area abounds with birds and other wildlife

Biking:

- ❖ Bike to and from school or work
- ❖ Bike during leisure time

Take the Stairs:

- ❖ Use the stairs instead of using an elevator or escalator in office buildings, stores, subway stations, etc.

Gardening and Yard Work:

- ❖ Get outside and rake leaves, mow the lawn, plant and maintain a garden, etc.
- ❖ Shovel snow by hand
- ❖ Help out elderly and disabled neighbors with their yard work

Housework:

- ❖ Burn extra calories while making the house sparkle: sweep, vacuum, dust, wash the floors, etc.
- ❖ Help out elderly and disabled neighbors with these activities

Dancing:

- ❖ Go out dancing, or just turn on the radio and dance in the living room
- ❖ Have dance parties with friends

Play Active Games:

- ❖ Take the kids to the park and play with them
- ❖ Make snow sculptures
- ❖ Set up an obstacle course
- ❖ Jump rope

Play Sports:

- ❖ Get friends together for weekly sports games
- ❖ Sign up for a physical activity program and stick with it

Workout:

- ❖ Stretch and do exercises in your home on a regular basis
- ❖ Become a member of a gym (many health insurance plans now offer discounts on gym membership)

Other Guides of Interest

Somerville Guide to Food and Nutrition Services: Free guide providing maps and information about food assistance programs, nutrition programs, local agriculture, and retail food stores in Somerville.

Copies can be obtained by calling Project Soup (617-776-7687), or by visiting the Tufts University School of Nutrition Science and Policy web site at: <http://nutrition.tufts.edu/consumer/somerville.html>

Cambridge Moves: Free guide listing physical activity opportunities for Cambridge youth (with several programs open to youth from other cities). Guide is available in English, Spanish, Portuguese, and Haitian Creole. **Copies can be obtained by calling the Cambridge Public Health Department (617-665-3899),** or by visiting the Institute for Community Health web site at:

<http://www.icommunityhealth.org> (click on “Directories”)

A Guide to Pediatric Overweight Programs in Greater Boston: This is a free guide, detailing the programs currently available in the greater Boston area that offer nutritional therapy and exercise programs to children and their families. **Copies can be obtained by calling the Institute for**

Community Health (617-665-3804), or by visiting the web site at: <http://www.icommunityhealth.org> (click on “Directories”)